

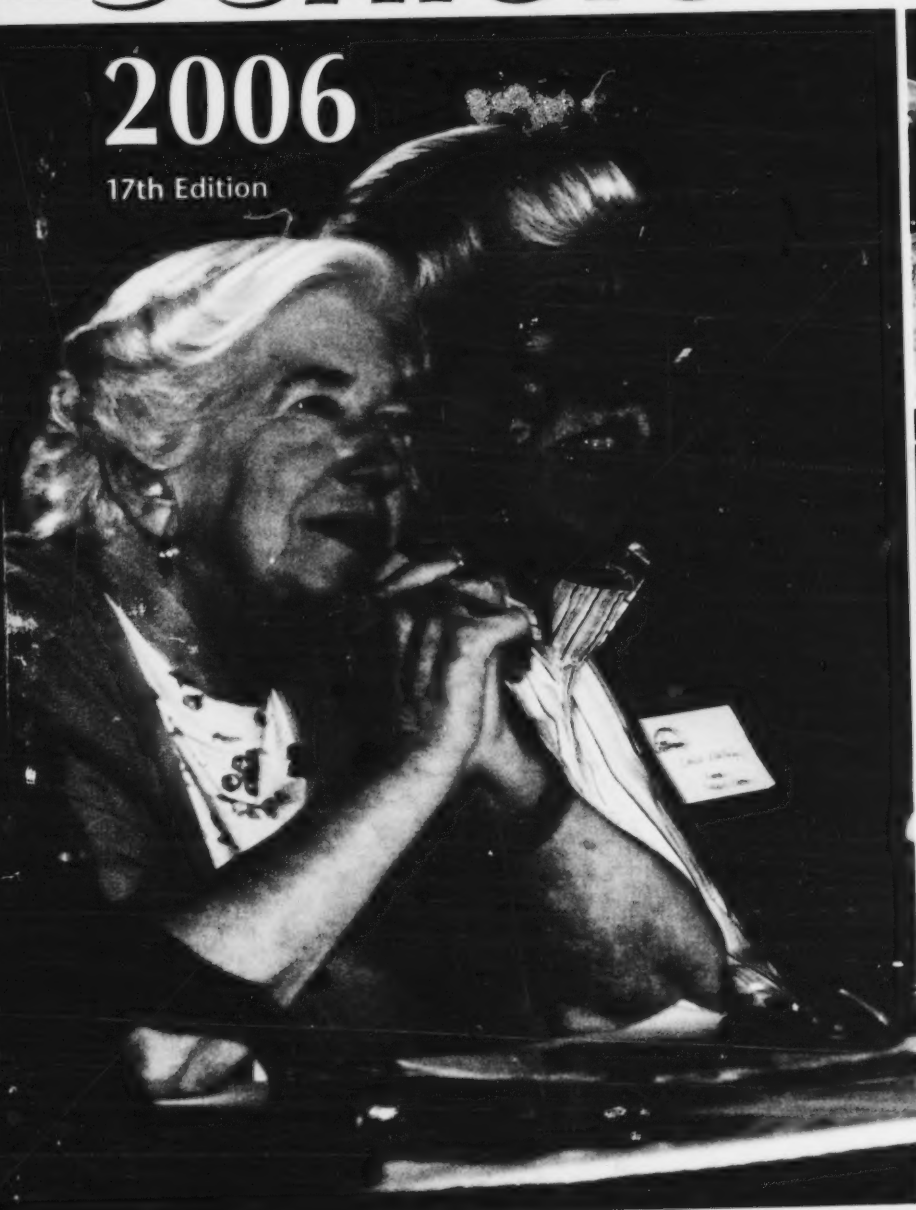
Programs for *Seniors*

Healthy, Active Living!

Complimentary
Copy

2006

17th Edition



Inside:
**Valuable information
for those
50+ and their families**

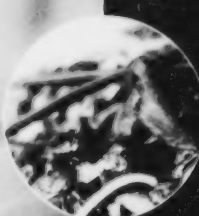

NOVA SCOTIA

Always on your side!

Talk to your
PROfile®
Pharmacist
about...



Medication



Nutrition



Lifestyle



Wellness



Health Care

Your PROfile® Pharmacist can do much more for you than you'd expect.

As the most accessible health care provider in the community, your PROfile® Pharmacist is often your first point of contact with the health care system and is an excellent source of information.

In addition to advice and information about the best way to take your medicine, your PROfile® Pharmacist can help you with a variety of other health concerns, including help with conditions such as diabetes, asthma, high blood pressure or high cholesterol. He or she can provide sound, up-to-date advice on staying well and preventing disease. Your PROfile® Pharmacist can also help with lifestyle changes. Talk to your PROfile® Pharmacist.

PROfile®
HEALTH & WELLNESS SYSTEM

Lawtons

Sobeys
Ready to serve.

...and much more.



**A Message from
The Honourable Rodney MacDonald
Premier of Nova Scotia**

Nova Scotia is built on the strength of our communities and the dedication and enthusiasm of the individuals who live here. Seniors support their communities on a day-to-day basis and make Nova Scotia a wonderful place to live.

The Government of Nova Scotia is proud to be part of the 2006 edition of Programs for Seniors. People of all ages appreciate the benefit of having this book to turn to for information on programs and services available to seniors in the province.

Supporting the independence of seniors in Nova Scotia is a priority of our government. The annual Programs for Seniors provides information about the many programs and services available to support positive aging in Nova Scotia and is one of the ways we are able to help seniors remain independent and informed.

On behalf of all Nova Scotians, I would like to thank our province's seniors for making such tremendous contributions to family and community life in Nova Scotia.

Sincerely,

A handwritten signature in dark ink that reads "Rodney MacDonald". The signature is written in a cursive, flowing style.

Premier of Nova Scotia



**A Message from
The Honourable Angus MacIsaac
Chairperson, Seniors' Secretariat**

I am pleased to present you with the 2006 Edition of Programs for Seniors. This directory is made available each year through the hard work of the Seniors' Secretariat.

Programs for Seniors is one of the many ways that the Secretariat provides information on matters relating to aging and seniors. The Secretariat also operates a toll-free information line for seniors and their families, houses an information resource library, holds regular consultations, and distributes numerous publications and directories.

The Seniors' Secretariat consults regularly with many seniors and seniors' organizations to help identify priority areas for government. The work of these organizations is invaluable to ensuring that seniors' issues are addressed and I want to thank them for their continued participation.

I invite you to use this 17th edition of Programs for Seniors as a reference for programs and services available to seniors in Nova Scotia. We are distributing 75,000 copies throughout the province, as well as posting it on the Secretariat's website. Please feel free to call our Seniors' Information Line at 1-800-670-0065 if you have additional questions.

Yours truly,

A handwritten signature in cursive script that reads "Angus MacIsaac".

Chairperson, Seniors' Secretariat

Do you have your copy yet?

Strategy for
Positive Aging
in Nova Scotia



To get your copy:
Phone: 1-800-670-0065
(toll free) or 424-0065
E-Mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

It's Your Strategy

The Strategy for Positive Aging belongs to Nova Scotians

"I urge everyone to read the Strategy for Positive Aging, share it with others and use it for planning. It is also a tool for advocating and for encouraging Nova Scotians to be aware of the challenges ahead, and to get involved in creating solutions for Nova Scotia's aging population." – Valerie White, Executive Director, Seniors' Secretariat

The Strategy for Positive Aging provides the vision for developing senior-friendly, healthy communities throughout Nova Scotia.

More than 1,000 Nova Scotians had direct input in creating this comprehensive framework that will guide government and community action over the next two decades.


**Seniors'
Secretariat**
Giving Nova Scotia Seniors a Voice

Mainstage Entertainment:

Broadway's Best

*If you love Broadway musicals -
you'll love this show!*



Friday, June 9 and Saturday, June 10, 2006 • Exhibition Park, Halifax



DEPRESSION TAKES AWAY MOMENTS LIKE THIS

During the past month have you been bothered by

- **Little interest or pleasure in doing things?**
- **Feeling down, depressed or hopeless?**

**If you answered yes to one or both questions,
see your family doctor or other
health professional.**


NOVA SCOTIA
Health

1443000

Personal Information

Name: _____

Address: _____

Postal Code: _____

Telephone: _____

Social Insurance: _____

Nova Scotia Health Card: _____

Name, address and telephone number of: _____

Relative: _____

Friend: _____

Doctor: _____

Lawyer: _____

Clergy: _____

Other: _____

Other telephone numbers:

Seniors' Information: 1-800-670-0065

Home Care: 1-800-225-7225

Long-Term Care: 1-800-225-7225

Local Pharmacy: _____

Emergency numbers:

Ambulance, Police, Fire: 911

Help Line: _____

Hospital: _____

Poison Control: _____

New Listings

Amero's Shuttle	60
Arriving Safe Driving School	55
Care Management for Seniors	122
Cloud Nine Shuttle	61
Community Access Program (CAP) Seniors' Programs	51
Compassionate Care Benefit	124
Country Living Estates	86
East Hants Alternative Transportation Services (EHATS)	57
Easy Street Adaptive Clothing	117
Home Safe Living	90
Job Junction: Age Advantage	53
MedicalPro Healthcare Team	123
Moir's Shuttle Service	61
Need-a-Lift Transportation Services	58
Nova Scotia Fitness Association	42
Nova Scotia Health Promotion	91
Nova Scotia Power Critical Customer Communication Program	112
Parkdale House	114
Parkinson Society Maritime Region	131
Service Canada Centres	53
Serving Seniors Alliance	133
Tinnitus Support Group of Atlantic Canada ..	132
Welcome Wagon	32
Yoga Atlantic	44

On the Cover:

Left: Joan Lay and David Renton judging the Star Search contest at the 2005 50+ Expo at Exhibition Park in Halifax.

Top right: Rose and Cecil Brooks celebrate their fiftieth wedding anniversary at East Preston United Baptist Church.

Centre right: Bob and Gwen Merriam and Carol and Dave Romkey won the gold medal in mixed curling at the Nova Scotia 55+ Games in Sept. 2005. Photo by James Goucher.

Lower right: Members of Chorale du Sud-Ouest during July 28th's commemorative Acadian events.

**When calling 911 say:
"This is an emergency!"**

**Tell the operator where help is needed
and try to give the exact location
of the emergency, if possible.**

Frequently Called Numbers

Birth, Marriage and Death Certificates	1-877-848-2578
College of Physicians and Surgeons (NS)	(902) 422-5823
Continuing Care Services	1-800-225-7225
• Home Care	
• Long-Term Care	
• Adult Protection	
Doctors Nova Scotia	(902) 468-1866
General Enquiries (Federal)	1-800-622-6232
GST Refunds	1-800-959-1953
Income Tax (Personal Tax and Volunteer Clinics)	1-800-959-8281
Insurance Bureau of Canada (IBC)	1-800-565-7189
Legal Information Society (Publications)	(902) 454-2198
(General Inquiries)	(902) 455-3135
MSI	1-800-563-8880
OAS/GIS and CPP	(English): 1-800-277-9914
	(Français): 1-800-277-9915
Pharmacare Program	1-800-544-6191
Property Tax Rebate	1-877-296-9338
Provincial Tax Information	(902) 424-6300
Public Enquiries (Nova Scotia)	1-800-670-4357
	(902)-434-5200
• General Information	
• Consumer Information and Complaints	
• Access Nova Scotia	
• Debtor Assistance	
• Residential Tenancies and Condominiums	
Seniors' Secretariat	1-800-670-0065
	(902) 424-0065
Seniors' Safe Driving Discount Program	1-800-898-7668
	(902) 424-5851
Superannuation Plans	(Provincial): (902) 424-5070
	(Federal): 1-800-561-7930

Table of Contents

You may also find what you're looking for in the Alphabetical Index on page 134.

A Message from Premier Rodney MacDonald	1
A Message from the Chairperson, The Honourable Angus MacIsaac	2
Personal Information	5
New Listings	5
Frequently Called Numbers	6
Nova Scotia Seniors' Secretariat	12
Seniors' Information Line	12
Information Resource Centre	12
Nova Scotia Seniors' Art and Photo Gallery	12
50+ Expo	13
Publications	13
Seniors' Organizations in Nova Scotia	14
Nova Scotia Seniors' Organizations — Group of IX	14
Canada's Association for the Fifty-Plus (CARP)	14
Federal Superannuates National Association (FSNA)	15
Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)	15
Gerontology Association of Nova Scotia (GANS)	15
Nova Scotia Government Retired Employees Association (NSGREA)	17
Nova Scotia Retired Teachers Association (NSRTA)	17
Regroupement des aînées et aînés de la Nouvelle-Écosse	17
Royal Canadian Legion (RCL)	18
Seniors Councils, Clubs, and Centres	18
Seniors' Councils and Clubs	18
Societies' Act	21
Seniors' Centres	21
Other Nova Scotia Seniors' Organizations	24
Special Recognition for Seniors	26
Congratulatory Messages	26
Order of Nova Scotia	27
Remarkable Senior Awards	27
Federal Government (Aging and Seniors)	27
New Horizons for Seniors Program	28
National Seniors' Organizations	29

Table of Contents

Information and Referral	30
Seniors' Information Services	30
Help Lines	31
Provincial Government Information	32
Public Enquiries	32
Seniors' Information Line	32
Federal Government Information	32
General Enquiries	32
Resources for Newcomer Seniors	32
Resources for Senior Women	33
Resources for Seniors with Disabilities	33
Active Living, Recreation and Sport	36
Sport and Recreation	36
Physical Activity, Sport and Recreation Division	36
Municipal Recreation Contacts	37
Nova Scotia Department of Natural Resources	40
Nova Scotia Department of Agriculture and Fisheries	40
Active Living	40
Nova Scotia 55+ Games Society	40
Leisure and Hobbies	44
Expositions	45
50+ Expo: Life is What You Make It	45
Volunteer Activities	45
Provincial Volunteer Awards	45
Travel	46
Customs Information	46
Passports	46
Life-long Learning Opportunities	47
Libraries	47
Gerontology Programs	47
Community Learning Networks	48
University and Community College Courses for Seniors	48
Other Seniors' Programs	51
Computers and the Internet	51

Table of Contents

CAP Seniors' Programs by Region	51
Employment	53
Transportation	54
Gas and Service Stations	54
Licences and Safe Driving	54
Seniors' Safe Driving Discount Program	55
Public Transportation Regional Services	56
Dial-a-Ride Nova Scotia	56
Transportation Services by Area/County	56
Shuttle Services	60
Federal Retirement Income Programs	61
Old Age Security Program and Canada Pension Plan	62
Guaranteed Income Supplement (GIS)	62
Allowance	62
Allowance for the Survivor	62
Canada Pension Plan (CPP)	63
Veterans' Affairs Canada	64
Veterans' Independence Program (VAC)	64
Provincial Financial Aid Programs	64
Property Tax Rebate Program	64
Nova Scotia Department of Community Services	65
Vital Statistics and Proof of Age	66
Birth, Marriage, and Death Certificates	66
Taxes	67
Community Volunteer Income Tax Program	67
GST Credit	68
Legal Matters	68
Nova Scotia Department of Justice	68
Legal Information Society of Nova Scotia	69
Public Trustee	70
Human Rights	74
Nova Scotia Human Rights Commission	74
Consumer Information and Complaints	74
Better Business Bureau of the Maritime Provinces Inc.	75

Table of Contents

Concerns about Insurance and Financial Institutions	75
Concerns about Investments	75
Nova Scotia Office of the Ombudsman	76
Insurance	76
Elder Abuse	78
Safety and Fraud Prevention	78
Protecting Yourself from Fraud	78
Partners Against Crime and Theft (PACT)	79
RCMP Seniors Safety Program	80
Telephone Contact Programs	81
Personal Emergency Response Systems	81
Emergency Medical Information	82
Nova Scotia Emergency Management Office (EMO)	82
Housing	83
Housing and Care Options for Seniors	83
Public Non-Profit Housing	84
Assisted Living Facilities	85
Boarding Homes	87
Housing Services, Department of Community Services	88
Home Improvement Grants and Loans	88
Home Maintenance	90
Provincial Health Services	91
Nova Scotia's Health Care System	91
Nova Scotia Health Promotion	91
Nova Scotia Department of Health	91
District Health Authorities (DHAs)	91
Community Health Boards (CHAs)	92
Nova Scotia's Health Insurance/MSI	93
Ambulance Services	94
Seniors' Pharmacare Program	95
Private Health Insurance	98
Continuing Care Services	98
Home Care	98
Long-Term Care	101

Table of Contents

Concerns about Businesses	75
Protecting Vulnerable Adults (Adult Protection)	106
Public Health Services	107
Addiction Services	107
Mental Health Services	107
Preventing Falls	109
Specialized Health Programs for Seniors	110
Accommodations for Health Care Patients and Visitors	110
Health Screening Programs	112
Services for Frail, Disabled, or Homebound Seniors	112
Endorsement Disclaimer	112
Essential Services	112
Adult Day Programs	113
Volunteer Visiting Programs	114
In-Home and Community Meal Programs	114
Health Equipment and Supplies	116
Adaptive Clothing	117
Private Home Care and Home Support Services	117
Health Professionals and Services	119
Counselling and Care Management	122
In-Home Services	122
Caregiver Support	124
Respite Care	125
Hospice, Palliative Care and Bereavement	125
Managing Your Affairs	126
Funeral Arrangements	126
Health-Related Organizations	128
Professional Associations	133
Alphabetical Index	134
Give us your comments	143
Advertisers' Directory	143

Nova Scotia

Seniors' Secretariat

The Nova Scotia Seniors' Secretariat is the provincial government agency responsible for seniors. The Secretariat consults extensively with government departments, seniors, and voluntary seniors groups to coordinate the planning and development of government policies, programs and services for seniors.

The Secretariat serves as a single entry point to government for seniors. It responds to seniors' issues and concerns, and provides information on all matters related to aging through a toll free information line, information resource library, and various publications and such as the annual Programs for Seniors.

The Ministers of the Secretariat are:

Honourable Angus MacIsaac
Minister of Health, Chair of the
Nova Scotia Seniors' Secretariat

Honourable David Morse
Minister of Community Services

Honourable Barry Barnet
Minister of Service Nova Scotia and
Municipal Relations

Honourable Jamie Muir
Minister of Education

Honourable Rodney MacDonald
Minister of Health Promotion, Minister of
Tourism, Culture and Heritage

Honourable Michael Baker
Minister of Justice

Seniors' Information Line

To obtain information on programs and services for seniors or discuss any concerns you may have, call the Secretariat from anywhere in Nova Scotia, at no charge to you.

Hours: Monday to Friday, 8:30 am – 4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

Information Resource Centre

Visit the Secretariat's Information Resource Centre where you can browse through or borrow the latest publications on aging. The collection includes journals, books, magazines, newspapers, newsletters, videos, and pamphlets. The centre is located on the 4th Floor, Dennis Building, 1740 Granville Street, Halifax.

Hours: Monday to Friday, 8:30 am – 4:30 pm.

E-mail: scs@gov.ns.ca

Website: www.gov.ns.ca/scs

Nova Scotia Seniors' Art and Photo Gallery

If you're an artist or photographer aged 50+, consider displaying and selling your work at the Seniors' Art and Photo Gallery, located at the World Trade and Convention Centre. See page 45 for more information.

Endorsement Disclaimer

The Seniors' Secretariat does not endorse or recommend any commercial products or private-sector services in this directory. Consumers should be cautious and ensure the individuals and companies they deal with are reputable. See page 75 in this directory for information about the Better Business Bureau. Contact Service Nova Scotia and Municipal Relations at 1-800-670-4357 to determine if a business is registered.

50+ Expo: Life is What You Make It



50+ Expo is a consumer trade show and exhibition for the 50+ crowd and their families. Plan to attend this year's expo, June 9 and 10, 2006, at Exhibition Park in Halifax.

Publications

Contact the Secretariat for copies of the following publications, or download them from the Secretariat's website.

- And They Lived Happily Ever After: Rights and Responsibilities of Common Law Partners
- Business Plan
- Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations
- Elder Abuse Pamphlet
- Elder Abuse Strategy: Towards Awareness and Prevention
- Enhancing the Basic Learning Skills of Older Nova Scotians: Context and Strategies
- Healthy Active Living Report
- Programs for Seniors
- Seniors' Art and Photo Gallery brochure
- Seniors' Statistical Profile 2005

- Seniors' News – quarterly newsletter
- Safe Driving Courses for Seniors brochure
- Seniors' Secretariat brochure: Working Together
- Strategy for Positive Aging in Nova Scotia

For more information, contact:

Valerie J. White, Executive Director

(902) 424-6322

Heather Praught, Coordinator

(902) 424-4649

Jeannine Jessome, Research/Policy Analyst

(902) 424-4735

Nadine Landry, Administrative Assistant

(902) 424-4737

Jane Mayer, Project Officer

(902) 424-5874

Jane Phillips, Librarian

(902) 424-4710

(902) 424-4649

Seniors' Secretariat

1740 Granville Street, 4th Floor
PO Box 2065, Halifax, NS B3J 2Z1

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

Fax: (902) 424-0561

E-mail: scs@gov.ns.ca

Website: www.gov.ns.ca/scs

Reduce your risk of cancer

- avoid smoking
- be physically active
- protect yourself from the sun



Doctors
NOVA SCOTIA



Peter J. Kelly
Mayor

Halifax Regional Municipality

(902) 490-4010

(902) 490-4012

Email: kellyp@halifax.ca



1841 Argyle Street, P.O. Box 1749, Halifax, Nova Scotia B3J 3A5

Seniors' Organizations in Nova Scotia

Nova Scotia Seniors' Organizations: Group of IX

The Ministers and staff of the Seniors' Secretariat consult in a variety of ways with seniors and retired Nova Scotians. Methods of consultation include the Secretariat's Fall and Spring Consultations with seniors councils, seniors centres, and related agencies. Regular meetings are also held with the Group of IX Seniors' Organizations, an advisory group to the Secretariat on seniors' issues.

The Group of IX is independent of government. It may consult with other organizations and special interest groups in an effort to be fully informed and representative of the senior population of Nova Scotia. The Group of IX provides advice to the Minister of Health on matters such as Pharmacare and continuing care.

Organizations whose elected representatives form the Group of IX are:

- Canada's Association for the Fifty-Plus (CARP)
- Federal Superannuates National Association, Nova Scotia Region (FSNA)
- Federation of Senior Citizens and Pensioners (FSCP)
- Gerontology Association of Nova Scotia (GANS)
- Nova Scotia Government Retired Employees Association (NSGREa)
- Royal Canadian Legion, Nova Scotia/Nunavut Command (RCL)

- Regroupement des Aînées et Aînés de la Nouvelle-Écosse (RANE)
- Retired Teachers Association of Nova Scotia (RTA)

Organizations represented by the Group of IX are affiliated with national bodies that meet with the Government of Canada through the Congress of National Seniors Organizations, a national forum.

For more information, contact:

Phil Hughes, Chairperson, Group of IX
57 Willowdale Lane
Antigonish, NS B2G 2J1
Phone: (902) 863-6185
E-mail: philhughes@eastlink.ca

Canada's Association for the Fifty-Plus (CARP)

CARP is a national organization which promotes the rights and quality of life of mature Canadians (50 and older).

A non-profit association which does not receive government operation funds, CARP provides relevant information, advocacy, social and financial benefits for its members.

CARP provides practical recommendations and produces special reports on issues that impact the lives of Canadian seniors. These range from health care reform and an integrated health care system to pension reform and investment protection to ageism issues related to affordable housing, mandatory retirement, transportation and grandparent's rights.

Membership fee is \$19.95 per year (\$49.95 for three years) and includes spouses. Members receive nine issues of 50 Plus magazine during the year and get preferred rates and discounts on many products and services.

For more information, contact:

Keith and Susan Cameron
Nova Scotia Representatives for CARP
201-5524 Heatherwood Court
Halifax, NS B3K 5N7
Phone: (902) 455-2945
E-mail: sentinel@ns.sympatico.ca
Toll-free: 1-800-363-9736

**Federal Superannuates
National Association (FSNA)**

FSNA advances, promotes, and protects the interests of those who have retired from the federal public service, armed forces, the Royal Canadian Mounted Police, and the Federal Judiciary. FSNA is recognized by governments, national unions and staff associations as the voice for federal superannuates. Federal superannuates who have questions about their pensions, may call 1-800-561-7930 for information.

For more information, contact:

Ken Brown, Provincial Advocacy Officer
30 Brookdale Crescent, Unit 104
Dartmouth, NS B3A 4T7
Phone: (902) 463-2832
E-mail: nsfsna@allstream.net

or

Bob Bachynsky
Deputy Regional Director, Nova Scotia
48 Thompson Avenue
Sydney, NS B1S 1L1
Phone: (902) 567-2456
E-mail: bachynsky.bb@ns.sympatico.ca

or

Federal Superannuates National Association
1052 St. Laurent Boulevard
Ottawa, ON K1K 3B4
Phone: (613) 745-2559
E-mail: info@fsna.com
Website: www.fsna.com

**Federation of Senior Citizens and
Pensioners of Nova Scotia
(FSCPNS)**

This organization is composed of seniors' clubs and councils. It monitors seniors' programs, services, and benefits. It also advocates for their maintenance and works closely with the eight other major seniors' organizations and the Nova Scotia Seniors' Secretariat.

For more information, contact:

Murray Covert, President
RR#2, Annapolis Royal, NS B0S 1A0
Phone: (902) 532-2660

or

Edda Ferguson, Secretary
201-25 Windsor Way
Truro, NS B2N 6Z5
Phone: (902) 893-1561

**Gerontology Association
of Nova Scotia (GANS)**

GANS is an organization with representation from seniors, professionals, individuals, and organizations. It offers opportunities for individuals and organizations to meet and share their concerns about aging and supports gerontological research in the province. Activities include: workshops, educational

**FEDERAL SUPERANNUATES
NATIONAL ASSOCIATION**



Serving retirees of the:

- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police
- Federal Judiciary

FOR LOCAL BRANCH INFORMATION CONTACT:

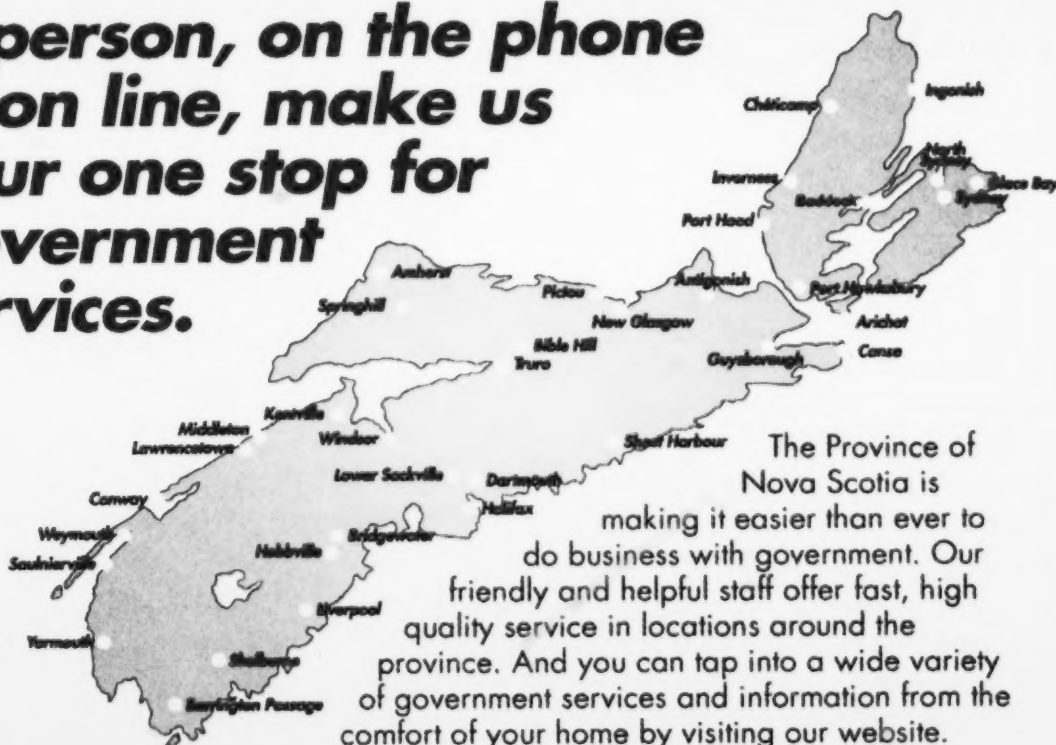
Paul Cadeau, Regional Director, Nova Scotia
2 Griffin Place, Dartmouth, NS B2V 2N5
Tel: (902) 462-8278
email: PAULACadeauPaul@cs.com

1324678



We're Serving You Better

**In person, on the phone
or on line, make us
your one stop for
Government
Services.**



The Province of Nova Scotia is making it easier than ever to do business with government. Our friendly and helpful staff offer fast, high quality service in locations around the province. And you can tap into a wide variety of government services and information from the comfort of your home by visiting our website.

- Residential Tenancies
- Debtor Assistance
- Consumer Information
- Express Service Kiosks
- Veteran Licence Plates
- Property Assessment
- Driver Licensing
- Vehicle Registration
- Photo IDs
- Birth, Marriage and Death Certificates

Call us or visit our web site to find the location nearest to you.

General Enquiries

424-5200 (Metro)

1-800-225-8227 (toll-free)

Registry of Motor Vehicles

424-5851 (Metro)

1-800-898-7668 (toll-free)

www.servicens.ca

NOVA SCOTIA
Service Nova Scotia
and Municipal Relations
Service is our Business.

seminars, student scholarship, educational symposiums, and a newsletter.

LinkAGES:

www.communityzero.com

This user-friendly, up-to-date, interactive website is for and about older Nova Scotians. It features the latest information on issues such as health, aging, and social services. Users can sign on to share insight and views on various concerns through current opinion polls and online discussion groups.

For more information, contact:

Nila M. Ipson, President
PO Box 952 Halifax Central
Halifax, NS B3J 2V9
Phone: (902) 494-3391
E-mail: nila.ipson@dal.ca
Website: www.communityzero.com/linkages

Nova Scotia Government Retired Employees Association (NSGREA)

NSGREA is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government. It serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. NSGREA has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are \$20.

For more information, contact:

Bernie LaRusic, President
477 Cobequid Road, Unit 2
Lower Sackville, NS B4C 4E9
Phone/Fax: (902) 562-1901
Toll-free: 1-800-677-8666
E-mail: nsgrea.ret@ns.sympatico.ca
Website: www.nsgrea.ca

or

Sharon Braine, Membership Secretary
Phone: (902) 865-5050

Nova Scotia Retired Teachers Association (NSRTA)

NSRTA is an association of the Nova Scotia Teachers Union. Its mission is to maintain contact with retired teachers, to stay informed about educational matters, and to take part in helping to improve the quality of life for children and colleagues. All former educators in receipt of a teachers pension are eligible for membership. Membership fee: \$10 per year.

For more information, contact:

Thomas Gaskell, President
59 Rendall Drive
Little Bras d'Or, NS B1Y 2Y7
Phone: (902) 736-1479

or

Debby Savoie, Nova Scotia Teachers Union
Toll-free: 1-800-565-6788

Regroupement des Aînées et Aînés de la Nouvelle-Écosse

Cette association est née lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax.

Les buts du Regroupement sont :

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de la Nouvelle-Écosse
- d'assurer l'épanouissement de cette population
- d'être le porte-parole autorisé de cette population.

Le Regroupement se penche sur des sujets et domaines qui touchent particulièrement les

ainées tels que les pensions, les soins à domicile, la santé, etc. En plus, il organise des activités sociales provinciales différentes de celles des clubs locaux telles que des conférences, des projets de collaboration et des ateliers à l'échelle provinciale.

Le Regroupement compte plus de 400 membres répartis dans les sept régions acadiennes de la Nouvelle-Écosse. Le Conseil d'administration du Regroupement est composé de représentant venant de chaque région. Pour de plus amples renseignements au sujet des activités du Regroupement ou pour devenir membre, n'hésitez pas à communiquer avec le bureau du Regroupement au (902) 433-0860.

Pour obtenir plus de détails téléphoner:

Blair Boudreau, Président

PO Box 332

Wedgeport, NS B0W 2B0

Téléphone: (902) 663-2633

Courriel: blairboudreau@eastlink.ca

Royal Canadian Legion (RCL)

The Legion is a non-profit, dues-supported organization, which assumes a major responsibility for continuing Remembrance in Canada. The Legion also focuses on obtaining adequate pensions and other well-earned benefits for veterans and their dependants.

Canadian citizens or commonwealth subjects of federal voting age may be eligible for Legion membership in one of the following three categories: ordinary, associate, or affiliate.

For more information, contact:

The Service Officer of your nearest Legion branch,

or

Royal Canadian Legion

61 Gloria McCluskey Avenue

Burnside Business Park

Dartmouth, NS B3B 2Z3

Phone: (902) 429-2993

Seniors' Councils, Clubs, and Centres

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations

The directory provides contact information for all seniors' councils, clubs, centres, and organizations in the province. Copies are available from the Seniors' Secretariat at 1-800-670-0065.

Seniors' Councils and Clubs

Approximately 19 seniors' councils and over 200 seniors' clubs are active in Nova Scotia. Clubs offer a wide variety of programs and social events for local seniors. Councils are comprised of representatives from each seniors' club. They serve as a forum for sharing information and addressing local seniors' issues. Representatives of the seniors' councils meet with the Seniors' Secretariat at least twice a year. For a list of seniors' clubs in your area, contact your local seniors' council, or the Seniors' Secretariat at 1-800-670-0065.

Seniors' Councils

Annapolis County Senior Citizens' Council

Murray Covert, President

RR#2 Annapolis Royal, NS B0S 1A0

Phone: (902) 532-2660

Antigonish-Guysborough

Senior Citizens' Council #63

Helen DeCoste, President

P.O. Box 37

Boylston, NS B0H 1G0

Phone: (902) 533-3566

Cape Breton Senior Citizens' Council

Nelson Muise, President
71 Cabot Street
Sydney, NS B1P 4E7
Phone: (902) 539-9767

Colchester/East Hants Seniors' Council

Vince De Adder, President
General Delivery
Debert, NS B0M 1G0
Phone: (902) 662-2536

Cumberland County Senior Citizens' Council

Marion Dotten, President
RR#1, Wallace, NS B0K 1Y0
Phone: (902) 257-2349

Dartmouth Senior Citizens' Council

Leo Poirier, President
1 Alderney Drive, #301
Dartmouth, NS B2Y 4A7
Phone: (902) 469-3907

Digby County Senior Citizen's Council

Jeanette Saulnier, Contact
Box 2890, RR#1
Yarmouth, NS B5A 4A5
Phone: (902) 649-2596

Halifax County Seniors' Council (Zone 15)

Patricia Murchy, President
526 Conrod Road, RR #5
Middle Musquodoboit, NS B0N 1X0
Phone: (902) 384-2454

Halifax Seniors' Council

Robert Byers, President
5515 Victoria Road #114
Halifax, NS B3H 4J9
Phone: (902) 422-0519

Hants County Senior Citizens' Council

Vivian MacMillan, President
44 Underwood Drive, Box 427
Windsor, NS B0N 2T0
Phone: (902) 798-4913

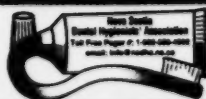
Inverness/Victoria 63A Council

Rita O'Keefe, President
7 Acadia Road
Margaree Forks, NS B0E 2A0
Phone: (902) 248-2725

**A lifetime of talking, eating, kissing and smiling.
Is it any wonder oral health is so important to us?**

"Every member of my family

loves dental hygiene. Root and
gums. It all starts with the
regular care and sound
advice offered by our
dental hygienist - a health
professional who is
accessible and affordable"



1324752

Interested in Lifelong Learning?



**Become a member of the Acadia
Lifelong Learning Centre.**

The Acadia Lifelong Learning Centre (ALLC) is a place for adults
to explore the world of continuing and distance education to
earn the diploma and certificate degrees. To the growing
population of seniors, education is available from September
to May, and even part-time courses are available for a range of
interests, careers, hobbies, and life-time.

For more information contact us at:

ACADIA

Continuing and Distance Education

1000 University Avenue, Suite 100
EMAIL: info@acadiallc.ca
WEBSITE: <http://www.acadiallc.ca>

Cape Breton Senior Citizens' Council

Nelson Muise, President
71 Cabot Street
Sydney, NS B1P 4E7
Phone: (902) 539-9767

Colchester/East Hants Seniors' Council

Vince De Adder, President
General Delivery
Debert, NS B0M 1G0
Phone: (902) 662-2536

Cumberland County Senior Citizens' Council

Marion Dotten, President
RR#1, Wallace, NS B0K 1Y0
Phone: (902) 257-2349

Dartmouth Senior Citizens' Council

Leo Poirier, President
1 Alderney Drive, #301
Dartmouth, NS B2Y 4A7
Phone: (902) 469-3907

Digby County Senior Citizen's Council

Jeanette Saulnier, Contact
Box 2890, RR#1
Yarmouth, NS B5A 4A5
Phone: (902) 649-2596

Halifax County Seniors' Council (Zone 15)

Patricia Murchy, President
526 Conrod Road, RR #5
Middle Musquodoboit, NS B0N 1X0
Phone: (902) 384-2454

Halifax Seniors' Council

Robert Byers, President
5515 Victoria Road #114
Halifax, NS B3H 4J9
Phone: (902) 422-0519

Hants County Senior Citizens' Council

Vivian MacMillan, President
44 Underwood Drive, Box 427
Windsor, NS B0N 2T0
Phone: (902) 798-4913

Inverness/Victoria 63A Council

Rita O'Keefe, President
7 Acadia Road
Margaree Forks, NS B0E 2A0
Phone: (902) 248-2725

Interested in Lifelong Learning?



Become a member of the Acadia Lifelong Learning Centre.

The Acadia Lifelong Learning Centre (ALL) is a way for Acadia, through the Division of Continuing and Distance Education, to share its intellectual and cultural resources with the growing population of senior adults in our community. From September to May, members and non-members alike can join us for a range of short courses, seminars, and field trips.

For more information contact us at:

ACADIA
UNIVERSITY
Continuing and Distance Education

(902) 585-1434 or (800) 565-6568

EMAIL: continuing.education@acadiau.ca

WEBSITE: <http://conted.acadiau.ca>

**A lifetime of talking, eating, kissing and smiling.
Is it any wonder oral health is so important to us?**

"Every member of my family

deserves healthy teeth and gums. It all starts with the regular care and sound advice offered by our dental hygienist - a health professional who is accessible and affordable"



1324752

Kings County Senior Citizens' Council

Erle Dolsen, Secretary

PO Box 103

Auburn, NS B0P 1A0

Phone: (902) 847-9748

Lunenburg County Senior Citizens' Council

Jack O'Connell, President

PO Box 114

Chester, NS B0J 1J0

Phone: (902) 275-3359

Pictou County Senior Citizens' Council

Betty Cooke, President

Site 7, Box 1, RR#1

Trenton, NS B0K 1X0

Phone: (902) 752-7280

Queens County

Geraldine Ramey, Contact

30 Belmont Drive

Bridgewater, NS B4V 4E5

Phone: (902) 543-6903

Richmond County Senior Citizens' Council

Joseph MacPhee, President

RR#1 St. Peters, NS B0E 3B0

Phone: (902) 535-2677

Sackville Seniors' Advisory Council

Jackie Cajolais, Contact

45 Connolly Street

Lower Sackville, NS B4E 1S6

Phone: (902) 864-5591



Be Active! Be Smart!

Our bodies are meant to move.

Keep your body active.

The benefits outweigh the risks.


NOVA SCOTIA

Health Promotion

Find out more about our work at www.gov.ns.ca/ohp

Shelburne Senior Citizens' Council

Evelyn Crowell, Secretary

Site 2, Box 1, Comp. 2

Baccaro, NS B0W 1C0

Phone: (902) 768-2282

Yarmouth County Senior Citizens' Council

Phyllis Cottreau, President

PO Box 492

Lower Wedgeport, NS B0W 2B0

Phone: (902) 663-2827

Association of Halifax Regional Seniors' Councils

This association is made up of representatives from seniors' councils in the Halifax Regional Municipality. Its members organize workshops and seminars, exchange information between councils, and maintain contact with seniors' clubs in the metro area.

For more information, contact:

Inez MacKenzie, Chairperson

22525 Main

Sheet Harbour, NS B0J 3B0

Phone: (902) 885-3055

Societies' Act

Seniors' clubs, councils and other organizations may become incorporated under the *Societies' Act* for a \$35 fee. The annual renewal fee is \$25.

For more information, contact:

Registry of Joint Stock Companies

9 North, Maritime Centre

1505 Barrington Street

PO Box 1529

Halifax, NS B3J 2Y4

Phone: (902) 424-7770

Toll-free: 1-800-225-8227

E-mail: joint-stocks@gov.ns.ca

Website: www.gov.ns.ca/snsmr/rjsc

Seniors' Centres

Seniors' centres are places where older people can meet one another, participate in activities, and receive services. Contact your local seniors' centre for a complete listing of its activities.

Metro Region

Bloomfield Centre

2786 Agricola Street

Halifax, NS B3K 4E1

Phone: (902) 490-4629

Chebucto Links

Phone: (902) 422-3525

Coordinator: Valerie Connors

Dartmouth Seniors' Service Centre

45 Ochterloney Street

Dartmouth, NS B2Y 4M7

Phone: (902) 465-5578

Contact: David Camp

Northwood Community Centre

2615 Northwood Terrace

Halifax, NS B3K 3S5

Phone: (902) 454-3361

President: Jack Jones

Rockingham Community Centre

199 Bedford Highway

Halifax, NS B3M 2J9

Phone: (902) 490-4686

Staff: Lisa Hackett

Silver and Gold Seniors' Centre

45 Connolly Road

Lower Sackville, NS B4E 1S6

Phone: (902) 864-5591

Staff: Jackie Cajolais

Spencer House

5596 Morris Street

Halifax, NS B3J 1C2

Phone: (902) 421-6131

E-mail: contactus@spencerhouse.ca

Staff: Deborah Dostal



The Skills and Learning Branch of the Department of Education offers many quality programs and services which may benefit older workers and seniors.

Nova Scotia School for Adult Learning provides opportunities for adults to improve their literacy and numeracy skills and/or acquire a high school diploma.

For more information please call:
902-424-7287

GED testing service provides an opportunity for adults 19+, and out of school for one year to acquire a high school equivalency certificate.

For more information please call:
902-424-4227

Apprenticeship Opportunities provides training to employed Nova Scotians who want to obtain a Certificate of Qualification in their trade.

For more information please call:
**902-424-5651 or
1-800-494-5651**

Workplace Education provides an opportunity for workers to prepare for the workforce and to improve essential skills at work.

For more information please call:
902-424-0492


NOVA SCOTIA
Education

Cape Breton Region

Louisbourg Fortress Club

Louisbourg Fortress Club

34 Pykes Drive

Catalone, NS B1C 1T3

Phone: (902) 733-2226

President: Nora Pink

Steelworkers and Sydney Pensioners Club

30 Inglis Street

Sydney, NS B1P 6H2

Phone: (902) 539-8000

President: Pat Wall

North Shore Region

Club 60

PO Box 1012

Antigonish, NS B2G 2L3

Phone: (902) 863-3649

Greenfield Oldsters

RR#2, Aspen, NS B0H 1E0

Phone: (902) 522-2014

Contact: Flo Duffy

Pictou Community

New Horizons Seniors' Centre

PO Box 141, 14 Kempt Street

Pictou, NS B0K 1H0

Phone: (902) 485-2573

President: Neil Daye

Seniors Outreach / Help Line

Care of Valley View Villa

RR#1, Stellarton, NS B0K 1S0

E-mail: seniors.outreach@ns.sympatico.ca

Phone: (902) 752-8400

Staff: Sharon Purvis

Valley Region

Berwick and Area Senior Citizens' Centre

Main Street

Berwick, NS B0P 1E0

Phone: (902) 538-7246

Kingston Seniors' Club

Phone: (902) 765-9166

President: Lilli Hand

South Shore Region

Bridgewater Senior Citizens' Club

123A Empire Avenue

Bridgewater, NS B4V 2L9

Phone: (902) 543-2213

Contact: Edna Weldon

Loyalist Senior Club

Mowatt Street North

Shelburne, NS B0T 1W0

Phone: (902) 875-3998

Contact: Phyllis Seaboyer

Sunnyside Senior Centre

RR#3, Chester Basin, NS B0J 1K0

Phone: (902) 275-4074

Contact: Shirley Morrison

Western Region

Bear River New Horizons Centre

Bear River, NS B0S 1B0

Phone: (902) 467-3919

Contact: Lynn Milbury

Freeport Super Seniors

Freeport, Digby County, NS B0V 1B0

Phone: (902) 839-2320

Contact: Anna Young

Les Femmes Acadienne de Clare

PO Box 89A

Saulnierville, NS B0W 2Z0

Phone: (902) 769-2471

Contact: Edith Comeau-Tufts

Nouveaux Horizons de la Baronnie

Fire Hall

West Pubnico, NS B0W 2M0

Phone: (902) 762-2012

Contact: Celina LeBlanc

Tiverton Super Seniors
Tiverton
Long Island, NS B0V 1G0
Phone: (902) 839-2738
Contact: Bertha Ruggles

Westport Super Seniors
Westport, Digby County
Brier Island, NS B0V 1H0
Phone: (902) 839-2052
Contact: Connie Bisson

Yarmouth Golden Age Club
14 Second Street
c/o 2-67 Pleasant Street
Yarmouth, NS B5A 2T3
Phone: (902) 742-2925
Contact: Mary Power

Other Nova Scotia Seniors' Organizations

Community Links

Community Links is a provincial voluntary organization with a membership of 190 mainly senior and senior serving organizations. It works to promote healthy communities and to improve the quality of life for seniors and others in rural Nova Scotia through community development and volunteer action. Current projects include: Preventing Falls Together; the Rural Volunteers Project; and Rural Seniors Influencing Policy on Transportation. It is also the co-host, with Recreation Nova Scotia, for the Nova Scotia Network of the Canada Volunteerism Initiative.



Preventing Falls Together

Take these steps to prevent falls in your home and community.

- Remove throw rugs and loose carpet from your home, business, or community centre.
- Ensure you have proper lighting; use bright light bulbs and night-lights.
- Make sure the routes you travel and or maintain are safe; walkways should be level, clear and well lit.
- Public buildings should be easily accessible – steps should be secure and have handrails.



For more information call 902-576-2420.

www.nscommunitylinks.ca

Sponsored by



Find out more about our work at www.gov.ns.ca/ohp

For more information, contact:

Sandra Murphy, Provincial Coordinator
PO Box 29103

Halifax, NS B3L 4T8

Phone: (902) 454-1128

E-mail: communitylinks@hfx.eastlink.ca

Website: www.nscommunitylinks.ca

Grandparents' Rights for Nova Scotia Association

This association is committed to raising public awareness about the important issue of grandparents' rights and creating widespread support for the relationship between children and grandparents, to make the life cycle complete.

For more information, contact:

Pauline Glenn, President

RR#2, Malagash, NS B0K 1E0

Phone: (902) 257-2974

Italian-Canadian Golden Age Senior Group

This group meets socially on a weekly basis and focuses on organizing recreational, cultural, and fund-raising activities at the Italian-Canadian Cultural Association of Nova Scotia Centre in Halifax.

Throughout the year members and guests have the opportunity to attend presentations on various topics such as health issues, social benefits, literacy/computers, and investment planning.

For more information, contact:

Italian-Canadian Cultural Association
of Nova Scotia

2629 Agricola Street

PO Box 9044, Station A

Halifax, NS B3K 5M7

Phone: (902) 453-5327

E-mail: icca@eastlink.ca

Indo-Canadian Senior Group of Nova Scotia

This group teaches skills, fitness and languages, and organizes recreational, cultural, and fund-raising activities. You can attend presentations on a variety of topics including health issues, investments, insurance, estate planning, literacy, social benefits, exercise, and meditation. The group meets regularly in Bloomfield Centre, Halifax.

For more information, contact:

Dr. Inder N. Bhatia

100-61, Nelson's Landing Boulevard

Bedford, NS B4A 3X3

Phone: (902) 835-2457

or

Merrie Mills, Secretary

C509, 5561 Heatherwood Court

Halifax, NS B3K 5M7

Phone: (902) 454-7213

Nova Scotia Centre on Aging, Mount Saint Vincent University

The Centre provides education, research, and outreach in the field of aging. One of its focus areas is caregiving to family members.

For more information, contact:

Nova Scotia Centre on Aging

Mount Saint Vincent University

166 Bedford Highway

Halifax, NS B3M 2J6

Phone: (902) 457-6546

Website: www.msvu.ca

Did You Know?

Some elder abuse is "spousal abuse grown old" because violence doesn't stop when a person turns 65.

Dr. F.R. MacKinnon Endowment Fund

This fund, associated with the Centre on Aging, is dedicated to establishing standards of excellence in age-related issues. Projects funded include: research, continuing education, community outreach, and consultation. Contributions are accepted as charitable donations. To contribute to the fund, please make your cheque payable to Mount Saint Vincent University, and send it to:

Dr. F. R. MacKinnon Endowment Fund
c/o Development Office
Mount Saint Vincent University
Halifax, NS B3M 2J6

For more information, contact:
Phone: (902) 457-6546

Special Recognition for Seniors

Congratulatory Messages

The Nova Scotia government's Protocol Office offers a congratulatory message service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ anniversaries and 65+ birthdays, in five-year intervals. The Protocol Office will also, if requested, contact the following offices:

- The Queen
(60th anniversaries, 100th birthdays only)
- Governor General
(90+ birthdays, 50+ anniversaries)
- Prime Minister

Picture yourself...



Halifax's Elsie Hopper:
a picture is worth a thousand words.

We understand what goes into making wonderful memories. That's how we know you'll make even more while you enjoy your retirement with us.

The Berkeley provides all the comforts of home, with none of the hassles. You'll have as much independence as you wish, with caring, attentive staff on duty 24 hours a day. From delicious meals to housekeeping and laundry services, we take care of the details so you can focus on enjoying the very best retirement living has to offer.

Elsie put herself in the picture. You can, too.
Picture yourself at...

**The
Berkeley**

Halifax • Dartmouth • Bedford
429.2222 • 434.9415 • 835.6222
www.theberkeley.com

Gracious. Independent. Retirement Living.

- Lieutenant Governor
(80+ birthdays, 50+ anniversaries)
- Member of Parliament
- Member of the Legislative Assembly

Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

For more information, contact:

Certificate Coordinator
Protocol Office, One Government Place
1700 Granville Street
Halifax, NS B3J 2Y3
Phone: (902) 424-4463
Website: www.gov.ns.ca/prot

Order of Nova Scotia

The Order of Nova Scotia is the highest honour of the Province of Nova Scotia. Members of the Order are entitled to use the initials O.N.S. after their names. Established in 2002, the award encourages excellence by recognizing Nova Scotians for outstanding contributions or achievements. If you know someone who has made an outstanding contribution to the cultural life or the social or economic well-being of our province, you should consider nominating him or her for the Order of Nova Scotia. The Protocol Office accepts nominations throughout the year and the deadline for consideration is the third Friday in March.

For more information, contact:

Protocol Office, One Government Place
1700 Granville Street
Halifax, NS B3J 1X5
Phone: (902) 424-4463
E-mail: orderofns@gov.ns.ca
Website: www.gov.ns.ca/prot

Remarkable Senior Awards

The Remarkable Senior Awards are presented annually at the 50+ Expo. You can nominate an individual aged 50+ who has made an outstanding contribution to the province of Nova Scotia in the areas of Community Service, Volunteerism, or Leadership. The awards will be presented on Saturday, June 10th, 2006, at Exhibition Park in Halifax.

A remarkable male and female will win in each category and nominations of husband and wife teams are accepted. The Secretariat accepts nominations throughout the year and forms are available from the office. The nomination deadline is April 7th, 2006.

For more information, contact:

Seniors' Secretariat
(See page 13 for contact information)

Federal Government: Aging and Seniors

Division of Aging and Seniors, Public Health Agency of Canada

The Division of Aging and Seniors acts as a central point for information at the federal government level, providing expertise, research and publications on issues related to healthy aging in collaboration with partners and stakeholders. The Division serves as Secretariat for the National Advisory Council on Aging.

Did You Know?

Abuse can happen to any senior, regardless of health, finances, education or family situation.

For more information, contact:

Division of Aging and Seniors
Public Health Agency of Canada

Address Locator 1908A1

Ottawa, ON K1A 1B4

Phone: (613) 952-7606

E-mail: seniors@hc-sc.gc.ca or
seniors@phac-aspc.gc.ca

Website: www.hc-sc.gc.ca/seniors-aines
www.phac-aspc.gc.ca/seniors-aines

National Advisory Council on Aging (NACA)

NACA assists and advises the federal Minister of Health on issues related to aging and the quality of life of seniors. It publishes reports and a quarterly bulletin, *Expression*, on issues of general interest to Canadian seniors. NACA members are appointed for two or three-year terms.

For more information, contact:

National Advisory Council on Aging

Address Locator 1908A1

Ottawa, ON K1A 1B4

Phone: (613) 957-1968

E-mail: seniors@hc-sc.gc.ca

Website: www.naca.ca

**VISIT YOUR LOCAL ZELLERS
PHARMACY FOR ALL YOUR
HEALTH CARE NEEDS**

Zellers
PHARMACY

A STEP TO BETTER HEALTH

1324702

Public Health Agency of Canada

The agency's Population Health Fund supports projects aimed at maintaining and improving the health of Canadians. The Fund was created to increase community capacity for action on or across the determinants of health. Time limited projects facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments, and the private sector to improve population health.

For more information, contact:

Public Health Agency of Canada

Atlantic Region

15th Floor, Maritime Centre

1505 Barrington Street, Suite 1525

Halifax, NS B3J 3Y6

Phone: (902) 426-2700

Website: www.pph-atlantic.ca

New Horizons for Seniors

This program, launched by Service Canada in October 2004, provides funding for community-based projects across Canada. It supports local projects that help seniors participate in social activities, pursue an active life, and contribute to their communities. The program empowers seniors to lead activities and projects that will benefit other seniors, vulnerable groups, and the community where they live.

Calls for Applications are issued once or twice a year. Application deadlines may vary for each province and territory. Community-based organizations working together with seniors and other partners will inspire and run most New Horizons for Seniors projects. To be funded, projects must demonstrate community support and partnership.

Service Canada will issue a call for applications. Deadlines will be announced publicly on the Department's website.

For more information, contact:

By phone:

New Horizons for Seniors Program
Toll-free (*English*): 1-800-277-9914
Sans frais (*Français*): 1-800-277-9915
TTY: 1-800 255-4786
Website: www.sdc.gc.ca

By mail:

Nova Scotia New Horizons for Seniors Program
Service Canada
Metropolitan Place, 6th Floor
99 Wyse Road, PO Box 1350
Dartmouth NS B2Y 4B9

By e-mail:

From this website:
English: [www.sdc.gc.ca/asp/contact/
contact_us.asp#E_mail](http://www.sdc.gc.ca/asp/contact/contact_us.asp#E_mail)
Français: www.sdc.gc.ca/

Seniors' Guide to Federal Programs and Services

This directory provides seniors with information on federal programs and services. To obtain a copy call:

Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

Did You Know?

Keeping money in a bank account, not at home, can help protect you against financial abuse. Have your pension cheques deposited directly into your bank account.

National Seniors' Organizations

Canadian Association on Gerontology (CAG)

CAG is a national, multi disciplinary, scientific, and educational association established to provide leadership in matters related to the aging population. Its mission is to seek to improve the lives of older Canadians through the creation and dissemination of knowledge in gerontological policy, research, practice, research and education.

For more information, contact:

Canadian Association on Gerontology
329 March Road, Suite 232, Box 11
Ottawa, ON K2K 2E1
Website: www.cagacg.ca

Congress of National Seniors' Organizations

The Congress comprises 10 major organizations representing seniors across Canada. It meets regularly to promote dialogue between seniors groups and governments on aging issues. The Congress works closely with Public Health Agency of Canada's Division of Aging and Seniors and is also establishing contacts with the new Department of Social Development. Congress members include:

- Alliance des associations des retraités et des aînés du Québec
- Fédération des aînés et des aînées francophones du Canada
- Association québécoise de défense des droits des personnes retraitées et préretraitées
- Canadian Association of Retired Teachers

- Canadian Association on Gerontology
- Canadian Pensioners Concerned
- Congress of Union Retirees
- Federal Superannuates National Association
- National Advisory Council on Aging
- National Pensioners and Senior Citizens Federation

For more information, contact:

Jean-Guy Soulière, Spokesperson
c/o Federal Superannuates National Association

1052 St. Laurent Boulevard
Ottawa, ON K1K 3B4
Phone: (613) 745-2559
E-mail: souliere@fsna.com

Information and Referral

Seniors' Information Services

Chebucto Links

(Halifax)

This community outreach organization provides information on programs and services for seniors in Halifax.

For more information, contact:

Phone: (902) 422-3525
E-mail: chebucto.links@ns.sympatico.ca

Help-line/ Outreach Seniors' Infoline

(Valley View Villa, Pictou County)

Pictou County seniors in need may call this information line located at Valley View Villa, Monday to Friday, 9:00 am – 2:00 pm. Calls

received after hours are answered by a recorded message and will be returned during regular hours.

For more information, contact:

Phone: (902) 752-8400

Seniors' Info Line

(VON Greater Halifax)

Information on programs and services for seniors in the Halifax Regional Municipality is available Monday to Friday, 9:00 am – 4:00 pm.

For more information, contact:

Phone: (902) 454-5755
TDD: (902) 454-6696
E-mail: seniorinfo@vonhalifax.ns.ca

Seniors' Info Line

(VON Lunenburg)

Information and referral services for seniors and their families living in Lunenburg County is available Monday to Friday, 9:00 am – 4:00 pm.

For more information, contact:

Phone: (902) 624-0318

Seniors' Information Line

(Seniors' Secretariat)

To obtain information on programs and services for seniors or to discuss any concerns you may have, call the Seniors' Secretariat from anywhere in Nova Scotia, at no charge.



Orchard View Apartments

Assisted Living Complex

Adjoining Grand View Manor

Large one & two Bedroom Units Rent Includes:
Daily Meal, Weekly Housekeeping, Emergency Power and Utilities.
Optional Services available 24/7
Include: Personal Care, Bathing, medication Management, Emergency call Pendants and Laundry.

110 Commercial St., Berwick, NS

(902) 538-3118

1324714

The line operates Monday to Friday, from 8:30 am – 4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

For more information, contact:

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

E-mail: scs@gov.ns.ca

Website: www.gov.ns.ca/scs

Seniors Policies and Programs Database

Website: www.sppd.gc.ca

A countrywide website that has been developed to assist with valuable and reliable information on programs and policies related to the well-being of seniors. Information about seniors policies and programs in Nova Scotia are included on this website.

At Your Service

Website: www.atyourservice.ca

This website, sponsored by Service Nova Scotia and Municipal Relations, contains general and seniors' information.

Shelburne Seniors' Infoline

This information line is located at the Regional Development Agency (RDA) office in Barrington.

For more information, contact:

Phone: (902) 637-2847

Toll-free: 1-800-565-0397

Sydney Seniors' Infoline

Seniors in the Sydney area may call this information line with questions about local programs and services.

For more information, contact:

Phone: (902) 562-1245

E-mail: vrc@newdawn.ca

Website: www.newdawn.ca

Help Lines

The following help lines are lay-counselling, information, and referral telephone services. The lines are staffed by trained community volunteers and the services are strictly confidential.

Eastern Regional Help Line

6:00 pm – 12:00 am

Phone: (902) 562-4357

Toll-free: 1-800-957-9995

Help Line, A Service of Feed Nova Scotia

(Metro Halifax)

7 days a week, 24 hours a day

Phone (Voice or TDD): (902) 421-1188

Problem Gambling Help Line of Nova Scotia

Counsellors are trained to provide immediate support, advice, information, assessment and telephone counselling seven days a week, 24 hours a day. Please call:

Toll Free: 1-888-347-8888

TTY: 1-888-347-3331

Did You Know?

Although the total population of Nova Scotia is expected to grow by only 3% between 2005 and 2026, the seniors' population will grow by more than 80%.

Provincial Government Information

Public Enquiries

When you want to know more about provincial government services, programs, and initiatives, contact Public Enquiries.

For more information, contact:

Public Enquiries

Service Nova Scotia and Municipal Relations

Phone: (902) 424-5200

Toll-free: 1-800-670-4357

E-mail: askus@gov.ns.ca

Website: www.gov.ns.ca/snsmr/contact

Seniors' Information Line

Contact the Nova Scotia Seniors' Secretariat for information on programs and services for seniors.

Toll-free: 1-800-670-0065

Federal Government Information

General Enquiries

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit the website. This is your primary access point to the Government of Canada.

For more information, contact:

Toll-free: 1-800-O-Canada

1-800-622-6232

Website: www.canada.gc.ca

www.seniors.gc.ca

Resources for Newcomer Seniors

Metropolitan Immigrant Settlement Association (MISA)

MISA is a community-based settlement agency, which welcomes newcomers and recognizes their essential role in Canada. MISA provides a full range of programs and services to newcomers, particularly landed immigrants or government assisted refugees. However, all newcomers are eligible for initial contact and referral services.

For more information, contact:

Chebucto Place

7105 Chebucto Road, Suite 201

Halifax, NS B3L 4W8

Phone: (902) 423-3607

E-mail: info@misa.ns.ca

Website: www.misa.ns.ca

Welcome Wagon

Welcome Wagon, celebrating its 75th anniversary, provides free information and gifts to newcomers on behalf of the community and civic minded businesses.

For more information, contact:

Phone: (902) 455-4301

Website: www.welcomewagon.ca

YMCA Newcomers Centre

The YMCA of Greater Halifax/Dartmouth offers various programs for youth, adults, and families who are new to Canada. The goal of the centre is to create an inclusive environment to serve our diverse community.

For more information, contact:

3663 Dutch Village Road

Halifax, NS B3N 2T1

Phone: (902) 457-9622

Website: www.ymcahrm.ns.ca

Resources for Senior Women

Nova Scotia Advisory Council on the Status of Women

The Council advises the Minister Responsible for the Status of Women and brings forward women's concerns. It works to advance equality, fairness, and dignity for all women. The Council also provides research and policy advice, information and education, and community and partnership development. An electronic news update, NewsBytes is sent by e-mail, to subscribers (free) approximately twice a month. For subscription information, see: www.gov.ns.ca/staw/newsbytes.htm

You are welcome to visit the Council's resource centre. It is open to the public Tuesday to Friday, 12:00 pm – 4:00 pm.

For more information, contact:

Quinpool Centre, Suite 202
6169 Quinpool Road, PO Box 745
Halifax, NS B3J 2T3

Phone: (902) 424-8662

Toll-free: 1-800-565-8662

E-mail: nsacw@gov.ca

Website: www.gov.ns.ca/staw/

Resources for Seniors with Disabilities

Access to Travel

Website: www.accesstotravel.gc.ca

This website provides information on accessible transportation and travel across Canada with the aim of making accessible travel easy and enjoyable. The site is sponsored by Transport Canada in partnership with provincial governments and not-for-profit associations.

Accessible Transportation

Transportation services available to seniors with disabilities in Nova Scotia are listed in the transportation section. See page 56 for more information.

Canadian National Institute for the Blind (CNIB)

The CNIB works with people whose vision loss is significantly interfering with their quality of life and cannot be corrected with ordinary lenses. The services are provided free of charge throughout Nova Scotia. Contact the CNIB for more information about its low vision technical aids, library, counselling, independent living and traveling, and volunteer services.

For more information, contact:

Mainland Service Centre
6136 Almon Street
Halifax, NS B3K 1T8
Phone: (902) 453-1480
Toll-free: 1-800-565-5147
Website: www.cnib.ca

or

Sydney Service Centre
235 Townsend Street
Sydney, NS B1P 5E7
Phone: (902) 564-5711
Toll-free: 1-877-674-7240

Canadian Paraplegic Association

This organization helps people with spinal cord injuries and other mobility disabilities to achieve independence, self-reliance, and full community participation.

This fall, get your flu shot!

For more information, contact:

Marilyn Taylor, Executive Director
Suite S21, West End Mall
6960 Mumford Road
Halifax, NS B3L 4P1
Phone: (902) 423-1277 ext. 105
E-mail: halifax@canparaplegic.org
Website: www.canparaplegic.org/ns

or

Sydney Office
165 Townsend Street
Sydney, NS B1P 5E5
Phone: (902) 562-3291
E-mail: sydney@canparaplegic.org

Community ACCESS-ability Program

Grants to improve access to community facilities for persons with disabilities are provided by Service Nova Scotia and Municipal Relations. Up to two-thirds of the direct and indirect costs of renovations, installations, or equipment for accessibility-related capital improvements, to a maximum of \$10,000 is available. Projects funded to date include wheelchair ramps and lifts, automatic doors, and accessible washrooms. Proposals for ACCESS-ability grants are welcome from non-profit community groups and municipalities. Forms are available on-line or from the contact person below.

For more information, contact:

Karen Ramsland
Phone: (902) 424-7798
E-mail: kramslan@gov.ns.ca
Website: www.gov.ns.ca/snsmr/muns/infr

**A regular pap test could
save your life!**

Disabled Persons Commission

The Commission helps to ensure that the concerns of Nova Scotians with disabilities are promoted and considered. The Commission reviews government policies and programs relating to or affecting people with disabilities to make sure these policies and programs are appropriate, effective, and reflect the needs and concerns of the community.

For more information, contact:

Nelson Place, 8th Floor
5675 Spring Garden Road
PO Box 222
Halifax, NS B3J 2M4
Phone: (902) 424-8280
TTY: (902) 424-2667
Toll-free: 1-877-996-9954
Website: www.gov.ns.ca/disa

Accessible Parking, Licence Plates, and Permits

To ensure those needing to park close to buildings due to mobility impairments can do so, Service Nova Scotia and Municipal Relations, through its Registry of Motor Vehicles, distributes accessible parking plates and permits to qualified individuals. There is no charge associated with a Permanent or Temporary Accessible Parking Permit, which is displayed on the rearview mirror. Regular registration fees must be paid in order to place a licence plate on your car and the applicant must be the plate owner and principal operator of the vehicle.

For more information, contact:

Phone (Halifax): (902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv/registration/mobility.asp

Special Needs of Deaf Seniors

Northwoodcare Inc. has a unique living environment designed especially for deaf seniors. Special services include a newly renovated floor with visual signals, closed captioning, TTY telephones, and time-released appliances. Staff, are trained in sign language and deaf culture. This residence offers companionship and a relief from isolation that the deaf so often experience.

Independent-living apartments and personal-care suites, for those who need help with daily living, are available. Residents can participate in the many programs and services offered at Northwood. Signing volunteers are available to help residents take part in scheduled activities.

For more information, contact:

Northwood Resident Services

Phone: (902) 454-3356

Website: www.nwood.ns.ca

Nova Scotia

Hearing and Speech Centres

These centres offer help to people with hearing problems or difficulties with speaking, understanding speech and communicating in their own language.

For more information, contact:

Provincial Center

5657 Spring Garden Road

Suite 401, Box 120

Halifax, NS B3J 3R4

Phone: (902) 423-7357

E-mail: info@nshsc.ns.ca

Website: www.nshsc.ns.ca

Did You Know?

Seniors will comprise 25% of
Nova Scotia's population by 2026.

Locations

Amherst: (902) 667-1141

Antigonish: (902) 867-4197

Bridgewater: (902) 543-4603 ext. 2248

Dartmouth: (902) 464-3084

Digby: (902) 245-2501 ext. 265

Evanston: (902) 625-3100 ext. 257

Glace Bay: (902) 849-9316

Halifax: (902) 423-7354

Kentville: (902) 679-2657 ext. 1400

Liverpool: (902) 354-3437 ext. 246

Lower Sackville: (902) 869-6150

Middleton: (902) 825-6160 ext. 233

Musquodoboit Harbour: (902) 889-4117

New Glasgow: (902) 752-7600 ext. 2520

Pictou: (902) 485-2318

Sheet Harbour: (902) 885-3628

Shelburne: (902) 875-3011 ext. 269

Springhill: (902) 597-3773

Sydney: (902) 842-9311

Sydney Mines: (902) 736-2831 ext. 146

Truro: (902) 893-5512

Waterville: (902) 538-3103 ext. 156

Windsor: (902) 792-2084

Yarmouth: (902) 742-3542 ext. 364

Society of Deaf and Hard of Hearing Nova Scotians

The Society develops and manages coordinated support services that enable deaf and hard of hearing people to fully utilize public and community services. Information and referral, and employment counselling services are available. Assistive devices may be purchased and sometimes borrowed. The Society is also responsible for the administration of the Interpreter Service for the Deaf.

For more information, contact:

Roy Building

1657 Barrington Street, Suite 117

Halifax, NS B3J 2A1

Phone (Voice/TTY): 422-7130

E-mail: sdhhns@ns.sympatico.ca

Website: www.sdhhns.org

or

Cape Breton Branch

56 Nepean Street

Sydney, NS B1P 6A8

Phone (Voice/TTY/Fax): (902) 564-0003

Active Living, Recreation and Sport

Sport and Recreation

Physical Activity, Sport and Recreation Division

This division of Nova Scotia Health Promotion provides an important link between healthy lifestyles and physical activity. Its six regional staff provide services and assistance to the individuals, municipalities, and partner organizations that provide Nova Scotians with opportunities to participate in recreation activities.

Many schools are now making their facilities available after hours to community groups and seniors' organizations. Contact regional staff for more information on community use of schools.

The following grants are available to community groups including those that serve seniors.

Regional staff would be pleased to discuss your needs and assist with the application process.

Recreation Facility Development Grants: These Grants help community organizations renovate or build recreation facilities for community use.

Community Development Grants: These grants support local seniors' games and help establish new programs.

Physical Activity Grants: These grants help organizations create or expand on opportunities to help Nova Scotians be physically active. In 2003-2004 various exercise and activity programs for seniors received grants.

For more information, contact:

Nova Scotia Health Promotion

Physical Activity, Sport and Recreation

5516 Spring Garden Road, 2nd Floor

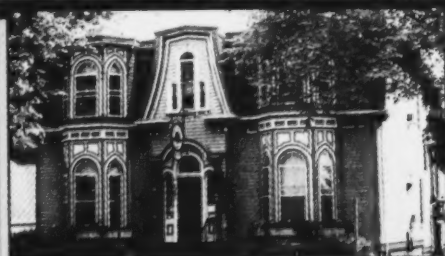
PO Box 864

Halifax, NS B3J 2V2

Phone: (902) 424-7512

Toll-free: 1-866-231-3882

E-mail: srcinquiries@gov.ns.ca



1263 South Park St.,
Halifax Nova Scotia
Ph: (902) 492-8577
Toll Free; (877) 414-8577

Garden South Park Inn

...across from the Victoria General Hospital

For the person who wants to look after their loved one in the hospital, there's no better place to stay than the Garden South Park Inn. You'll be close to them for their comfort, and right in the middle of downtown Halifax for your own. And while they're recuperating, we're always happy to cater to their needs as well. We have wheelchair accessible entries and rooms, and are more than happy to make any arrangements for our guests.

email: reserve@gardeninn.ns.ca - web: www.gardeninn.ns.ca

Regional Offices:
Physical Activity, Sport and Recreation

Cape Breton

Colleen Chisholm
380 Kings Road
Sydney, NS B1S 1A8
Phone: (902) 563-2380
E-mail: chishoco@gov.ns.ca

Central

Carol Davis-Jamieson
PO Box 864, Halifax, NS B3J 2V2
Phone: (902) 424-7622
E-mail: davisjcm@gov.ns.ca

Fundy

Jim Campbell
90 Research Drive, Suite 122
Truro, NS B2N 6Z4
Phone: (902) 893-6215
E-mail: campbeji@gov.ns.ca

Highland

Gerard MacIsaac
20 St. Andrews Street
Antigonish, NS B2G 2H1
Phone: (902) 863-7380
E-mail: macisagx@gov.ns.ca

South Shore

Debby Smith
99 High Street, Suite 200
Bridgewater, NS B4V 1V8
Phone: (902) 543-5000
E-mail: smithde@gov.ns.ca

Valley

Mike Trinacty
28 Aberdeen Avenue, Suite 2
Kentville, NS B4N 2N1
Phone: (902) 679-4390
E-mail: trinacme@gov.ns.ca

Recreation Nova Scotia (RNS)

This organization promotes the health benefits of recreation for all Nova Scotians and their communities. Programs and services include an annual conference, liability insurance programs, volunteer and leadership training programs, provincial volunteer week activities, fundraising opportunities, and publications.

For more information, contact:

5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
Phone: (902) 425-1128
E-mail: info@recreationns.ns.ca
Website: www.recreationns.ns.ca

Municipal Recreation Contacts

Most municipal units in Nova Scotia have recreation commissions with a commission chairperson and one or more staff. Contact the following people for information on recreation activities for seniors.

Cape Breton Region

Cape Breton Municipality

Fred Brooks: (902) 563-5514

Inverness County (Port Hood)

John Cotton: (902) 787-2274

Port Hawkesbury

Jim Pyke: (902) 625-2591

Richmond County/Arichat

Clifford Boudreau: (902) 226-2400

Victoria County (Baddeck)

Tom Wilson: (902) 295-3231

Highland Region

Antigonish County

Marlene Melanson: (902) 863-1141

Antigonish Town

Trisha Cameron: (902) 863-3686

District of Guysborough

Phil M. Hochman: (902) 533-3508

Canso

Robbie Fraser: (902) 366-2872

Mulgrave

Tanya Tibbo: (902) 747-2243

Pictou County

Cindy Fraser: (902) 485-8528

New Glasgow

Elaine Flynn: (902) 755-8363

Pictou

Nicole MacDonald: (902) 485-6057

Stellarton

David Hood: (902) 752-8944

Trenton

Martin Bates: (902) 752-1019

Truro

Doug MacKenzie: (902) 895-4484

Municipality of St. Mary's

Steven Porter: (902) 522-2598

Fundy Region**Amherst**

Dwight Jones: (902) 667-9557

Springhill

Pamela Adams: (902) 763-3000

Colchester County

Sue Burley: (902) 897-3155

Bible Hill

Julee MacAfee: (902) 893-8083

Parrsboro

Contact: (902) 254-2036

E-mail: town@town.parrsboro.ns.ca

District of East Hants

David Brown: (902) 758-2715

Central Region**Halifax Regional Municipality**

Robert Nauss: (902) 490-4910

Peggy Allen: (902) 876-4354

Valley Region**Annapolis County**

Debra Ryan: (902) 532-3139

Annapolis Royal

Grant Potter: (902) 532-7667

Bridgetown

Bob Powell: (902) 665-2938

Canning

Pam Tracz: (902) 582-2033

Middleton

Kelly Aucoin: (902) 825-5500

Kings County

Bob Suffron: (902) 690-6153

Bruce MacArthur: (902) 690-6124

Berwick

Craig Burgess: (902) 538-4016



- Full Pedorthic Services
- Certified Pedorthist (C)
- Certified Pedorthic Technician
- Orthopedic Footwear
- Walking & Running Footwear
- Gait Analysis

Please Call for Custom Fitting Appointment

1649 Barrington Street, 5th Floor, Halifax, NS B3J 1Z9

Phone/fax (902) 420-0610

orthoticseast@ns.alianzinc.ca

www.orthoticseast.ca

1324711

Family 1st Medical

Vulcan Ave, Sydney
564-8811
Commercial St.,
New Minas
681-0202

Qualified Staff ready to serve your needs

- *Home Oxygen *CPAP *Portable Oxygen *Allergy Products
- *Stairlifts *Mini Elevators *Wheelchairs *Scooters
- *Bathroom Safety products
- *Mastectomy & Compression Products
- *Emergency Medical Alarms (Pendants)
- *Medical Supplies *Orthotics

1-800-565-2021

www.family1stmedicalns.ca



Greenwood

Fred Williams: (902) 765-1494

Jill Jackson: (902) 765-1494

Hantsport

Contact: (902) 684-3200

Kentville

Mark Phillips: (902) 679-2540

New Minas

Jennifer Coolen: (902) 681-6577

Wolfville

Andrew Fry: (902) 542-2400

District of West Hants

Kathy Kehoe: (902) 798-8391

Windsor

Janet Landry: (902) 798-0696

Digby (District of Clare)

Joanne LaMarche: (902) 769-2031

District of Digby

Larry Williams: (902) 245-5006

South Shore Region**Yarmouth (District of Argyle)**

Ginette d'Entremont: (902) 648-3379

Yarmouth

Frank Grant: (902) 742-8868

District of Barrington

Ray Green: (902) 637-2760

Clark's Harbour

Anna Kenney: (902) 745-0226

Shelburne Municipality

Marilyn Johnston: (902) 875-3544

Town of Shelburne

Jerry Locke: (902) 875-3873

Lockeport

Frances Scott: (902) 656-2565

Queens (Queens Municipality)

Norman Amirault: (902) 354-5741

Lunenburg Municipality

Carroll Randall: (902) 543-1354

Town of Lunenburg

Robin Scott: (902) 634-4006

Lunenburg (Chester)

Trudy Payne: (902) 275-3490

Bridgewater

Carol Pickings-Anthony: (902) 543-2274

Mahone Bay

Derrick MacKenzie: (902) 624-9859

Sport Nova Scotia (SNS)

SNS represents 63 provincial sport organizations and over 160,000 registered, sport participants. Many sport organizations support activities for older adults, sometimes referring to them as "masters" programs. SNS can connect you with various sport organizations to determine if programs geared to older adults are available in your area.

For more information, contact:

5516 Spring Garden Road, 4th Floor

Halifax, NS B3J 1G6

Phone: (902) 425-5450

E-mail: sportns@sportnovascotia.ca

Website: www.sportnovascotia.ca

Dance Nova Scotia

Dance Nova Scotia is the provincial umbrella organization for all forms of dance.

For more information, contact:

1113 Marginal Road

Halifax, NS B3H 4P7

Phone: (902) 422-1749

E-mail: dans@eastlink.ca

This fall, get your flu shot!

Nova Scotia Department of Natural Resources

Provincial Parks: Seniors may stay at a reduced rate in parks with overnight camping facilities. A brochure is available which lists all provincial parks, including those that are wheelchair accessible.

Firearms Hunting Certificates: These are issued free to seniors.

Hunting: Resident seniors may acquire a deer, small game, or deer bowhunting stamp for free. They are required to purchase the \$3 Wildlife Habitat Stamp.

For more information, contact:

PO Box 698

Halifax, NS B3J 2T9

Phone: (902) 424-5935

Nova Scotia Department of Agriculture and Fisheries

Fishing Licences: General sport fishing licenses are sold to seniors at a reduced rate. Salmon fishing is regulated by the federal government and seniors are required to purchase a licence for that sport.

For more information, contact:

Department of Agriculture and Fisheries
Bank of Montreal Building, 7th Floor

5151 George Street

Halifax, NS B3J 3C4

Phone: (902) 424-4560

Website: www.gov.ns.ca/nsaf

Active Living

Funding Sources

If you are interested in offering new or expanded active living programs, be sure to

check out the New Horizons for Seniors program on page 28 and Physical Activity Grants on page 36 to determine if your program meets the funding requirements.

Active Living Coalition for Older Adults (ALCOA)

ALCOA is a national partnership of organizations with an interest in the field of aging and active living. ALCOA encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activities.

For more information, contact:

33 Laird Drive

Toronto, ON M4G 3S9

Phone: (416) 423-2163

Toll-free: 1-800-549 9799

E-mail: alcoa@ca.inter.net

Website: www.alcoa.ca

Nova Scotia 55 + Games Society

The Society was formed in November 2003 to promote the participation of Nova Scotia seniors in recreational, sporting, cultural, creative and social activities throughout the province. The Society believes that active living promotes healthy living. The first ever Nova Scotia 55+ Games were held in Cornwallis Park in the Annapolis Valley, in September, 2005. The next provincial senior games are planned for the fall of 2007. Representatives are needed from Cape Breton and the Highlands Volunteers from all regions are encouraged to get involved.

For more information, contact:

Nova Scotia 55+ Games Society

PO Box 235

Cornwallis Park, NS B0S 1H0

Website: www.novascotiaseniorsgames.com

or

Peter Nordland, President

Cornwallis Park, NS

Phone: (902) 638-8009

Fax: (902) 638-3090

E-mail: nordland@ns.sympatico.ca

Vivian Wright, Vice President

Clementsport, NS

Phone: (902) 638-8068

Leona Grant, Secretary

Granville Ferry, NS

Phone: (902) 532-2664

E-mail: freelee@auracom.com

Larry Armstrong, Treasurer

Truro, NS

Phone: (902) 895-5224

E-mail: armstrong_586@hotmail.com

Valley Region

Brad Boyd

Cornwallis Park, NS

Phone: (902) 638-8410

E-mail: bradboyd@ns.sympatico.ca

Clare/Annapolis Valley

Pat Pyne

Clementsport, NS

Phone: (902) 638-3102

E-mail: pat.pyne@ns.sympatico.ca

Eddie Thimot

Little Brook, NS

Phone: (902) 769-3285

Central (HRM) Region

Ken Brown

Dartmouth, NS

Phone: (902) 463-2832

E-mail: nsfsna@allstream.net

Henry Ellsworth

St. Margarets Bay, NS

Phone: (902) 826-7701

E-mail: hen@ns.sympatico.ca

Gerry Wist

Dartmouth, NS

Phone: (902) 433-0398

E-mail: wisty@ns.sympatico.ca

Eileen Borgel

Elmsdale, NS

Phone: (902) 883-7127

E-mail: cborgel@accesswave.ca

Fundy

Eanis and Marlene Collins

Amherst, NS Phone: (902) 667-9380

E-mail: elcollins@ns.sympatico.ca

South Shore

Bob Carter

Bridgewater, NS

Phone: (902) 543-6426

**Canadian Senior Games
Association (CSGA)**

The Association involves seniors in the planning, leadership, and evaluation of the Canada Senior Games. The next Senior Games will be held in Portage la Prairie, Manitoba, from August 28 to September 1, 2006.

The Games provide older adults with an opportunity to enhance their well-being through participation in sporting and recreational events, such as tennis, golf, swimming, curling, horseshoes, pool, card games and scrabble, to name just a few. The host community also has the opportunity to put on cultural events or demonstration activities based on the culture and interest in their region. Such cultural activities might include such events as orienteering, quilting, or painting. If such an activity is common across the country, then it may be included as an event.

For more information, contact:
Valerie White, Executive Director
Seniors' Secretariat
Phone: (902) 424-6322
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca

or
Gary Black, President
Canada Senior Games Association
5004 - 57th Street
Yellowknife, NT X1A 1Y5
Phone: (867) 873-5440

Dartmouth Volksmarch Club

This active hiking club organizes recreational walks throughout the year for people of all ages. It is a great way to meet new friends for fitness and fun. The walks are planned well in advance. A schedule is available with information on the dates, length, and difficulty of each route.

For more information, contact:
Sue Banks, President
c/o Findlay Community Centre
26 Elliot Street
Dartmouth, NS B2Y 2X7
Phone: (902) 443-0365
E-mail: susan.banks@ns.sympatico.ca
Website: www.dartmouthvolksmarchclub.com

Elderfit – Lunenburg

This popular aquafit program is offered several times a week at the South Shore Dive Centre in Lunenburg and at the Oak Island Inn, near Oak Island. Both programs provide local seniors and interested others with an opportunity to keep fit and socially active.

For more information, contact:
George McKiel
Phone: (902) 764-2090
E-mail: jgmckiel@bwr.eastlink.ca

or
Martha Saunders
Phone: (902) 688-1128
E-mail: johnmartha@eastlink.ca

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program for men and women over age 55, including a warm up, aerobics, muscular strength and endurance, stretching and relaxation. Classes are offered two and three times a week in 13 locations in the Halifax/Dartmouth area.

Elderobics Fitness Instructor Workshop

This workshop trains fitness instructors who are interested in teaching older adults. The workshop is a requirement for the YMCA's specialty certificate in Older Adult Fitness.

For more information, contact:
Elderobics Coordinator
YMCA of Greater Halifax/Dartmouth
Phone: (902) 423-9709 ext. 257

Nova Scotia Fitness Association (NSFA)

This is a not for profit organization that is recognized as the provincial certifying agency for fitness professionals in Nova Scotia. One of the many certifications that the NSFA offers is an Older Adult Fitness Leader Certification, which gives leaders the knowledge and skills to run safe and effective fitness classes for older adults.

For more information, contact:
Diane Bellefontaine
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6

Phone: (902) 425-1128, ext. 224

E-mail: diane@nsfa.info

Website: www.nsfa.info

Seniors' Skate Information

There are a variety of adult skating programs in rinks throughout the province beginning as early as October 1. For more information, contact your local recreation department.

Ski Atlantic Seniors' Club

Members receive a ski area pass at local ski resorts. Resorts include Ben Eoin, Cape Smokey, Martock, Wentworth, and the New Brunswick areas of Crabbe, Poley and Sugar Loaf Park. If you are a beginner, you can attend group lessons in Alpine skiing. Membership is open to anyone over 55 who has retired from full-time employment, and to anyone 65 or older. Membership fee: \$165 per year.

For more information, contact:

3650 Hammonds Plains Road

Unit 14, Suite 361

Upper Tantallon, NS B3Z 4R3

E-mail: SASC@chebucto.ns.ca

Website: www.sasc.chebucto.org

Taoist Tai Chi Society

The Society offers Taoist Tai Chi for seniors in various parts of Nova Scotia. With the gentle turning, stretching movements of Tai Chi you can learn to develop balance, flexibility, timing, muscle tone, co-ordination, concentration, and relaxation. Additionally, the society offers health-recovery classes for those suffering from injuries, strokes, or other health problems. It also has a Taoist Tai Chi set that can be done from a wheelchair.

Contact the society for information about class schedules, fees, and locations around the province.

For more information, contact:

Taoist Tai Chi Society of Canada

Atlantic Region

Phone: (902) 422-8142

E-mail: halifax.ns@ttcs.org

Website: www.taoist.org

Ticker Troop

This group meets twice a week at Mic Mac Mall in Dartmouth. Join them for walking and friendship.

For more information, contact:

Phyllis Vallis

Phone: (902) 462-5011

YMCAs and YWCAs

YMCAs and YWCAs offer a number of healthy lifestyle programs for older adults such as aquafit, seniors swim, 50+ fitness classes, strength training, and yoga. Supervised strength training programs are also available in some locations.

For more information, contact:

YMCA of Cape Breton

399 Charlotte Street

Sydney, NS B1P 1E3

Phone: (902) 562-YMCA (9622)

Fax: (902) 539-3935

Website: www.cbymca.com

E-mail: info@cbymca.com

Ross Farm Museum

Re-live your memories of rural Nova Scotia during a visit to historic **Ross Farm Museum**, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Highway 103).

Website: <http://museum.gov.ns.ca/musdir/rossfarmmuseum.htm>

YMCA of Cumberland

PO Box 552, 92 Church St.
Amherst, NS B4H 4A1
Phone: (902) 667-9112
E-mail: cumberland@ymca.ca
Website: www.ymcaofcumberland.com

YMCA of Greater Halifax/Dartmouth

Administration/Association Services
1565 South Park Street
Halifax, NS B3J 2L2
Phone: (902) 423-9622
Website: www.ymcahrm.ns.ca

South Park YMCA
1565 South Park Street
Halifax, NS B3J 2L2
Phone: (902) 423-9622

Akerley YMCA
21 Woodlawn Road
Dartmouth, NS B2W 2R7
Phone: (902) 469-9622

Community YMCA
2269 Gottingen Street
Halifax, NS B3K 3B7
Phone: (902) 422-9622

YMCA of Lunenburg

75 High Street
Bridgewater, NS B4V 1V8
Phone: (902) 543-9622
Website: www.ymcalunenburgcounty.org

Yoga Atlantic

Certified Yoga instructors offer senior-friendly courses throughout the province. Chair Yoga is also offered in some areas. To find an instructor, go to <http://www.yogaatlantic.ca>. If you do not have access to the Internet, contact the Seniors' Secretariat for this information.
Phone: (902) 424-6322
Toll-free: 1-800-670-0065

Leisure and Hobbies

Opportunities

Many opportunities to pursue leisure activities and hobbies exist in Nova Scotia. Contact your local recreation department, seniors' centre, club, or council for more information on activities in your area.

Northwood Broadcasting Club (NWBC)

NWBC was launched in 1987. Since then, it has evolved into an important source of information on health issues and leisure opportunities for older adults and provides its audience with a wide variety of easy-listening music.

NWBC is entirely operated by volunteers and reaches listeners throughout Nova Scotia via the Eastlink community channel in your area from 10:00 am – 12:00 pm. You can also listen to a live webcast of the program at www.eastlink.ca.

For more information, contact:

Toll-free: 1-866-229-6922
E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Northwood Players

The Northwood Players are an active, imaginative, and exciting group of seniors who come together to bring music, dancing, acting, and joy to their lives and the lives of others.

For more information, contact:

Shirley Burnstein, Director
Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: (902) 454-3351

E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Nova Scotia Seniors' Art and Photo Gallery

If you are over the age of 50 and would like to display your artwork or photos, contact the Seniors' Secretariat for details. All proceeds from the paintings and photos sold go directly to you. The gallery is located in the World Trade and Convention Centre, 1800 Argyle Street, Halifax. It is open whenever the WT&CC is open to the public.

For more information, contact:

Seniors' Secretariat
Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Expositions

50+ Expo: Life Is What You Make It



50+ Expo is a special forum for people 50 and over and their families. The expo offers an opportunity to learn about products, programs, and services available in today's marketplace. Shows include: exhibits, entertainment, a hobbies/crafts area, and educational seminars. The next 50+ Expo will be held on June 9th and 10th, 2006, at Exhibition Park in Halifax.

For more information, contact:

Valerie White, Chairperson, 50+ expo
Seniors' Secretariat
Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Volunteer Activities

Opportunities

Each year, hundreds of retirees and seniors volunteer countless hours in their communities. If you have an interest in helping others and can spare some time, select from among the many community-based organizations listed in this directory and find out how you can help.

Volunteers . . . the heart of our community.

Provincial Volunteer Awards

Recreation Nova Scotia coordinates the annual Provincial Volunteer Awards Ceremony and Luncheon during National Volunteer Week celebrations. The events serve as a tribute to the voluntary sector and are meant to say thank you to individuals who give so much of their time and talents. Contact Recreation Nova Scotia for details on volunteer recognition resources and gifts such as balloons, lapel pins, mugs, and key chains.

For more information, contact:

5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
Phone: (902) 425-1128
E-mail: info@recreationns.ns.ca
Website: www.recreationns.ns.ca

Sydney Volunteer Resource Centre

The centre serves as a recruitment and referral service for volunteers in Sydney and surrounding areas. It also provides education and training courses on volunteerism to organizations that depend on volunteers to carry out their work.

For more information, contact:

Phone: (902) 562-1245

E-mail: vrc@newdawn.ca

Website: www.newdawn.ca

Travel

Canadian Snowbird Association

This association represents the interests, needs, and concerns of Canadians who travel. Areas of focus include health-care, social interests, and economic concerns. The organization has a powerful voice in defending the rights and privileges of Canadians.

For more information, contact:

Jack Kiuru, Nova Scotia Director

1207-5959 Spring Garden Road

Halifax, NS B3H 1Y5

Phone: (902) 422-2036

Toll-free: 1-800-265-3200

E-mail: Kiurujk@aol.com

Website: www.snowbirds.org

Customs Information

If you plan to travel outside Canada and require customs information, contact the Canada Border Services Agency.

For more information, contact:

Toll-free: 1-800-461-9999

Toll-free TDD: 1-800-267-0825

Website: www.ccra-adrc.gc.ca

Passports

Application forms are available at the Passport Office, Canada Post outlets, travel agencies, or on the Internet at www.ppt.gc.ca.

For more information, contact:

Passport Office

Department of Foreign Affairs and
International Trade

1505 Barrington Street, Suite 1508

Maritime Centre Building

Halifax, NS B3J 3K5

Toll-free: 1-800-567-6868

Toll-free TTY: 1-866-255-7655

Website: www.ppt.gc.ca

**O'BRIEN MOTOR COACH TOURS LTD.**
61 CHURCH ST. - ST. STEPHEN, N.B. E3L 1M6
TOURS ORIGINATE MONCTON & AMHERST
NEW 2006 CATALOGUE

- Florida Keys & Gulf Shores
- Gulf & Texas
- Gardens, Wagons Westward
- Ho & Daniel O'Donnell
- Brown Bag & Baseball
- Newfoundland & Labrador
- Circle, Ontario Heritage & Quebec Laurentians
- Farmers & A Field of Dreams
- Block Island & Long Island
- New York, Mystery Tours
- Ontario Fall Foliage
- Fall Colors in Quebec
- Europe in USA, Baskets
- Buggies & Branson - Daniel O'Donnell
- Branson Holiday Light Tours & Daniel O'Donnell,
- Alaska 2006

Canadian Funds, Included: all taxes, accommodations, transportation, baggage handling, attractions as listed & more!!! For information & catalogue
Call Toll-Free 1-888-577-8687 or 506-486-5760

VISITING HALIFAX/DARTMOUTH

Receive true value with our Seniors Discounts and experience the comfort of our bright, spacious, air-conditioned rooms. Enjoy the convenience of your own kitchenette Elevator equipped, free local calls, free parking and complimentary continental breakfast, plus in-room coffee or tea.
Group rates available.
Located minutes from most attractions in Halifax/Dartmouth.

**Coastal Inn
Concorde**
379 Windmill Rd., Dartmouth 465-7777
1-800-565-1565

Home and Away

Let US
Take you THERE...

Halifax To:

Goose Bay
Gander
Deer Lake

for more destinations

check on line at

www.ProvincialAirlines.com

For reservations call your local Travel Agent or Provincial Airlines 1-800-670-0065 or check on line at www.ProvincialAirlines.com

A Provincial Aerospace Ltd. company 

Information Resource Centre

(Seniors' Secretariat)

The Centre maintains a collection of books, reports, magazines, videos, pamphlets and newsletters on topics related to aging that may be borrowed by the general public. A mail service is available for people who cannot visit the Centre. To obtain a listing of subjects covered, contact the librarian.

For more information, contact:

Jane Phillips, Librarian

1740 Granville Street, 4th Floor

PO Box 2065

Halifax, NS B3J 2Z1

Phone: (902) 424-4710

Toll-free: 1-800-670-0065

E-mail: scs@gov.ns.ca

Website: www.gov.ns.ca/scs

Nova Scotia Regional Public Libraries: Services for Seniors

The public libraries offer a variety of programs and services to seniors, including large-print books, special collections of information relating to the interests and concerns of seniors, a books-by-mail service, book delivery service, talking-books service, descriptive videos, and special programs on topics of interest to seniors.

For more information, contact:

Your nearest regional library, as listed in your local telephone directory.

Website: www.library.ns.ca/regionals

Gerontology Programs

Mount Saint Vincent University

MSVU offers the following programs:

- Master of Arts in Family Studies and

Life-Long Learning Opportunities

Libraries

Alzheimer Resource Library

The library is a service of the Alzheimer Society of Nova Scotia. *Hours:* Monday to Thursday, 8:30 am – 4:30 pm and Friday 8:30 am – 4:00 pm.

For more information, contact:

Phone: (902) 422-7961

Gerontology

- Bachelor of Applied Arts (Family Studies and Gerontology) Honours option also available
- Certificate in Gerontology

For more information, contact:

Admissions Office

Mount Saint Vincent University

166 Bedford Highway

Halifax, NS B3M 2J6

Phone: (902) 457-6128

E-mail: admissions@msvu.ca

Website: www.msvu.ca

Community Learning Networks

Learning programs are available in many communities for older adults at no fee. The programs allow you to upgrade your basic skills, set your own goals, and work at your own pace. Individual sessions with volunteer tutors are often available. There are 23 Community Learning Networks located throughout Nova Scotia. For more information, contact the Adult Education office nearest you. You're never too old to learn!

Cape Breton Region

Phone: 563-2270

Southwestern Region

Phone: 543-2376

Metro Region

Metro Halifax

Phone: 424-8421

Acadian Community

Phone: 424-5547

African Canadian Community

Phone: 424-5165

Deaf Community

Phone: 423-3353

ESL Community

Phone: 424-8421

Strait Region

Phone: 625-4031

Northern Region

Phone: 893-7200

Mi'kmaq Community

Phone: 893-5989

Valley Region

Phone: 679-6204

University and Community College Courses for Seniors

Reduced Tuition Fees

The following universities in Nova Scotia offer credit courses to seniors on a tuition-free or reduced-fee basis.

Acadia University, Wolfville

Reduced fee structure for all credit courses for adults.

For more information:

Contact Student Accounts: (902) 542-2201

Atlantic School of Theology, Halifax

Fifty percent reduction in tuition to seniors 65+ (as of date of registration) for credit courses.

For more information:

Phone: (902) 423-6939

Seniors' Secretariat

is happy to announce
the date and location for its

17th Annual 50+ expo



Life is What You Make It!

Date: **Friday, June 9, 2006** 9:00 am – 6:00 pm
8:00 pm – Midnight (Dance)
Saturday, June 10, 2006 9:00 am – 5:00 pm

Location: **Exhibition Park, Halifax**
Free Parking and Everything on One Convenient Level

Cost: **Expo** - \$5 per day
Dance - \$10



For more information, view the expo website:
www.50plusexpo.ns.ca or call us **toll-free: 1-800-670-0065**

1443891

Dalhousie University, Halifax

Free tuition for all undergraduate credit courses for seniors 65+.

For more information:

Contact Student Accounts: (902) 494-3998

Mount Saint Vincent University, Halifax

Fifty percent reduction in tuition to seniors 65+ for undergraduate credit courses.

For more information:

Contact Financial Services: (902) 457-6277

E-mail: financial.services@MSVU.ca

NSCAD University, Halifax

Forty percent discount on tuition fees for all undergraduate courses for seniors 60+. Twenty

percent discount on Continuing Education courses.

For more information:

Phone: (902) 494-8195

Saint Francis Xavier University, Antigonish

Free tuition for all undergraduate credit courses for seniors 65+.

For more information,

Contact Student Accounts: (902) 863-3300

Université Sainte-Anne, Church Point

Fifty percent discount on tuition fees for adults for all credit courses.

For more information:

Phone: (902) 769-2114

***University College of Cape Breton,
Sydney***

Free tuition for seniors 65+ or pre-retired 60+ for all in-class credit courses.

For more information:

Phone: (902) 539-5300

Distance Education Courses

Distance education programs allow the learner and the educator to work together from a distance to permit a flexible learning schedule. Methods of distance education include television broadcasts, teleconferencing, audio and videotapes, e-mail and the Internet. Contact individual universities for costs. Costs of courses may vary. A calendar of courses is available.

For more information, contact:

Association of Atlantic Universities
Suite 403, 5657 Spring Garden Road
Halifax, NS B3J 3R4

Phone: (902) 425-4230

Website: www.dal.ca/aa

Nova Scotia Community College

In addition to full-time courses, the NSCC offers part-time and Distance Education courses at its 12 locations around the province. There is no reduced tuition fee for seniors.

For more information, contact:

Phone: (902) 491-4911

Toll-free: 1-866-679-6722

Website: www.nsccadmissions@nsc.ca

**Acadia Lifelong Learning Centre
(ALL)**

The Acadia Lifelong Learning Centre (ALL), a community-driven initiative of Acadia

University's Division of Continuing and Distance Education, provides quality educational opportunities to older adults. Reasonably priced non-credit programs are held on campus during the fall, winter, and spring terms. Adults 60+ are now able to audit Acadia credit courses at reduced rates during summer, fall, and winter terms.

For more information, contact:

Coordinator

Phone: (902) 585-1434

Toll-free: 1-800-565-6568

E-mail: allinfo@acadiau.ca

Website: <http://conted.acadiau.ca>

Elderlearners

Elderlearners, sponsored by the Division of Continuing Education at Saint Mary's University, offers adults age 55 and over, an opportunity to become involved in lifelong learning. Patterned on Universities of the Third Age in Europe, its members continue to educate themselves and share ideas on a wide variety of subjects of interest to older adults



*"Live Well with Pharmasave"
...It's Our Commitment.*



With 75 locations in Atlantic Canada,
we're there where you need us.

Live well with

PHARMASAVE



Visit our on-line health center at www.pharmasave.com

1444310

through a series of lectures and short courses every fall and winter.

For more information, contact:

Linda MacDonald
SMU Division of Continuing Education
Saint Mary's University
Halifax, NS B3H 3C3
Phone: (902) 420-5492

Other Seniors' Programs

Routes to Learning Canada

Routes to Learning Canada is Canada's first and largest learning travel organization. For over 20 years, Routes has offered exceptional learning experiences and at a value that's hard to match. Our travel programs bring you face to face with fascinating cultures, peoples and environments, providing the perfect balance of learning and adventure. They offer an opportunity to enrich your mind, develop new passions, and share your experiences with engaging travel companions.

For more information, contact:

Routes to Learning Canada
4 Cataragui Street
Kingston, ON K7K 1Z7
Toll-free: 1-866-745-1690
Website: www.routestolearning.ca

Computers and the Internet

Community Access Program (CAP)

CAP sites offer affordable access to the Internet. Computers are available for affordable public use. You can read your e-

mail, look at websites, check your stocks, or search the Internet. This community-based program, supported by a variety of partnerships, can be found in communities across Canada.

For more information, contact:

Toll-free: 1-866-569-8428
Website: www.nscap.ca

CAP Seniors' Programs

A number of CAP sites across the province offer programs to teach seniors how to use a computer and Internet. Classes are taught by seniors at an easy pace, in a friendly, senior's centre environment. You can join a computer club to share skills and learn more about computers from your peers. If you offer a senior's program at a CAP site and your organization is not listed below, please contact the Seniors' Secretariat at 1-800-670-0065.

For more information, contact:

Cape Breton County

Bay St. Lawrence Centre
3160 Bay St. Lawrence Rd.
Bay St. Lawrence, NS B0C 1G0
Phone: (902) 383-2334
Website: www.baystlawrence.org

Boularderie CAP Site

12065 Kempt Head Rd.
Boularderie, NS B1X 1J9
Phone: (902) 674-0971
E-mail: bcap@vccaps.com
Website: www.boularderie.ca

Cape Breton Seniors' Community Learning Network

Ruth Boone
2737 Point Edward Highway
Point Edward, NS B2A 4P9
Phone: (902) 564-2729

E-mail: rboone@capcbco.ca
Website: www.capebretonseniors.ns.ca

Iona CAP Site

2516 St. Columba Rd.
Iona, NS B2C 1A9
Phone: (902) 725-2785
E-mail: cap@vccaps.com
Website: www.centralcapebreton.com

Middle River CAP Site

2248 Cabot Trail Highway
Middle River, NS B0C 1B0
Phone: (902) 295-2951
E-mail: Middleriver_cap@hotmail.com
Website: www.middleriver.ca

North Shore Learning & Enterprise Centre

44643 Cabot Trail Highway, NS B0C 1H0
Phone: (902) 929-2241
E-mail: nscaps@hotmail.com
Website: www.northshoreportal.com

St. Ann's Community Education & Enterprise Centre

51787 Cabot Trail Highway
Box 53 Englishtown, NS B0C 1H0
Phone: (902) 295-1940
E-mail: stannscap@hotmail.com
Website: www.stannns.ca

Halifax Regional Municipality

Dartmouth Seniors' Service Centre

45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: (902) 465-5578
E-mail: dartseniors@accesswave.ca

Rockingham Community Centre

199 Bedford Highway
Halifax, NS B3M 2J9
Phone: (902) 490-4686

Sackville Seniors Advisory Council

45 Connolly Street
Lower Sackville, NS B4C 1S6
Phone: (902) 864-5591

Spencer House Seniors' Centre

5596 Morris Street
Halifax, NS B3J 1C2
Phone: (902) 421-6131

Lunenburg County

Bridgewater Branch Library

547 King Street, Bridgewater, NS
Phone: (902) 543-9222
E-mail: info@ssrlibrary.ca
Website: www.ssrlibrary.ca

Lunenburg Branch Library

19 Pelham Street, Lunenburg
Phone: (902) 634-8008
E-mail: info@ssrlibrary.ca
Website: www.ssrlibrary.ca

Queens County

Thomas H. Raddall Branch Library

145 Old Bridge Street, Liverpool
Phone: (902) 354-5270
E-mail: info@ssrlibrary.ca
Website: www.ssrlibrary.ca

Student Connection Program

This initiative is a partnership between Industry Canada and Human Resources and Development Canada's Skills Youth Employment Strategy (YES). It offers training to seniors in learning today's latest computer technology. For a reasonable fee, you can sign up for group training sessions or one-on-one instruction in your home. Topics include: introduction to computers, the Internet, e-mail, online banking and e-commerce.

For more information, contact:

Phone: (902) 426-0566
Toll-free: 1-888-807-7777
E-mail: studentconnections@hollandc.pe.ca
Website: www.studentconnection.ns.ca

Using Technology? Positively!

This series of fact sheets on everyday technologies and seniors is available free of charge. Topics include:

- Series Overview
- Telecommunications: Phones and More
- Looking After Your Money: Technology and Banking
- Computers: Getting Online Using the Internet
- For the Good of Your Health: Technology and Health Care
- How Are Everyday Technologies Kept Safe?
- Older Adults Mean Business

For copies of the fact sheets, contact:

Seniors' Secretariat

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

E-mail: scs@gov.ns.ca

Employment

Service Canada Centres

These centres offer a range of employment services to Canadians and provide support to people looking for jobs.

Employment Insurance Benefits

Like other Canadian workers, if you are 65 or over you can get Employment Insurance (EI) benefits or sickness benefits if you meet the criteria. EI earnings that may affect the benefits you receive include retirement income such as employment pensions. The centres can provide you with information about EI.

Job Search Support

The Service Canada Centres offer support to people looking for jobs including job and

career counselling, help with writing resumes, computerized information on jobs, and job-finding clubs.

Social Insurance Number (SIN)

The centres can help you to obtain or replace a Social Insurance card. The fee for replacing a card is \$10.

For more information, contact:

Phone (*English*): 1-800-206-7218

Phone (*Français*): 1-800-808-6352

Website: www.hrdc-drhc.gc.ca

Job Junction: Age Advantage

The Age Advantage Program assists the older worker who is in transition, either between jobs, or searching for work after early retirement. Its goal is to offer the resources, services, and support needed to achieve the older worker's employment and career goals.

For more information, contact:

Carrie Lynn Wall

6950 Mumford Road

Halifax, NS B3L 4W1

Phone: (902) 455-9675

E-mail: carrie@jobjunction.ca

Website: www.jobjunction.ca

Seniors for Seniors

Seniors for Seniors provides employment opportunities for workers 50 years of age and

Power of Attorney

Talk with older family members about who will handle their money and who will have power of attorney if they become unable to make decisions for themselves (for example, because of sickness or mental health problems).

older in the Halifax area. Positions available include homemakers, handy-persons, home-cleaners, and companions.

For more information, contact:

Howard Court or Janet Wilson
7001 Mumford Road, Tower 1
Suite 819, Halifax, NS B3L 4N9
Phone: (902) 454-3674

Workers' Compensation Board of Nova Scotia

The Workers' Compensation Act of Nova Scotia protects both the injured worker and the employer. It provides financial assistance, medical aid, rehabilitation, re-employment and protection from participating in court processes.

For more information, contact:

Main Office, Halifax
5668 South Street
PO Box 1150
Halifax, NS B3J 2Y2
Phone: (902) 491-8999
Toll-free: 1-800-870-3331
E-mail: info@wcb.gov.ns.ca
Website: www.wcb.ns.ca

or

Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9
Phone: (902) 563-2444
Toll-free: 1-800-880-0003

Transportation

Gas and Service Stations

Service Nova Scotia and Municipal Relations offers an online service that lets seniors know which gas stations in the province offer full-

serve, self-serve, or both levels of services. The website can be found at

www.gov.ns.ca/snsmr/consumer/

If you do not have access to a computer, contact the Seniors' Secretariat for information about the gas and service stations nearest you.

For more information contact:

Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Licences and Safe Driving

Driver's Licences

Photo driver's licences are issued by the Registry of Motor Vehicles, a division of Service Nova Scotia and Municipal Relations. The cost to renew a Class 5 (regular) licence for a five-year period is \$63.60.

Appointments for Seniors

People with special needs, including seniors, may schedule a time to renew their licence rather than waiting for extended periods of time.

Accessible Parking Licence Plates and Permits

The Registry of Motor Vehicles ensures that those needing to park close to buildings due to mobility impairments are able to do so. See details on page 34.

Veteran's Plates

Qualified individuals can apply for Veteran's plates by completing the application form and supplying proof of eligibility. An additional \$5 is added to the usual cost of registering your vehicle.

Refunds

You can request a refund if you move out of the province or have stopped driving.

Additionally, refunds can be requested by the estate on behalf of deceased drivers. The refund will be for the time remaining in the five-year period for which the driver has paid, minus the \$9.60 photo fee and an administration fee of \$12.25.

Office Locations

Contact the Registry's toll-free information line to locate the office nearest you.

For more information, contact:

Phone (Halifax): (902) 424-5851

Toll-free: 1-800-898-7668

Website: www.gov.ns.ca/snsmr/rmv

Seniors' Safe Driving Discount Program

Funding provided by Service Nova Scotia and Municipal Relations has made it possible for Nova Scotia drivers, aged 65 and over, who hold a valid driver's licence, to receive a one-time, \$40 rebate on safe driving courses. Since many of the organizations offering this program charge \$40 or less, seniors usually attend for free.

Safe driving courses can help you understand how aging affects your driving skills and discover ways to make up for these changes.

Participation is voluntary and seniors do not have to take a course to keep their drivers' licenses. The courses are educational and do not involve a road test.

For more information, contact:

Seniors Safe Driving Discount Program

Service Nova Scotia and Municipal Relations

Phone: (902) 424-5851

Toll-free: 1-800-898-7668

Website: www.gov.ns.ca/snsmr/rmv/safe/senior.asp

For information on a specific course, contact the following organizations:

Courses Available Province-Wide

Nova Scotia Safety Council

110 Chain Lake Drive, Unit 3F

Vantage Point 3

Halifax, NS B3S 1A9

Phone: (902) 454-9621

E-mail: nssc@nssafety.ns.ca

Nova Scotia Government

Retired Employees Association

PO Box 20142

349 Herring Cove Road

Halifax, NS B3R 2K9

Phone: (902) 477-5155

Amherst

Fundy Driving School

Phone: (902) 667-8090

Annapolis Valley

Discover Driving

Phone: (902) 665-2831

Website: www.discoverdriving.com

Brookfield

South Colchester Driving School

Phone: (902) 673-2958

Cape Breton

Arriving Safe Driving School

Phone: (902) 564-6106

Kentville

Fundy Driving School

Phone: (902) 679-0607

Halifax/Dartmouth Metro Area

Drive Wise Driving Program

Phone: (902) 434-5113

E-mail: DriverED@AdvancedDriving.com

Public Transportation Regional Services

Dial-a-Ride Nova Scotia

Service Nova Scotia and Municipal Relations partners with several other government departments and agencies to provide a diverse range of safe, affordable, and accessible public transportation services to meet the needs of rural Nova Scotians, including those who are disabled, disadvantaged, or elderly. These services, available in many parts of the province, are part of the Dial-a-Ride Nova Scotia network.

Partial operating funding for these services is provided under the Community Transportation Assistance Program (CTAP). CTAP also provides funding up to \$5,000 to non-profit organizations interested in developing new community-based transportation services upon approval of a summary business plan by Service Nova Scotia and Municipal Relations.

For more information, contact:

René Frigault

Service Nova Scotia and Municipal Relations
Phone: (902) 424-2088

or

Dial-a-Ride Nova Scotia

Toll-free: 1-877-305-7433

Website: www.gov.ns.ca/snsmr/dialaride

Transportation Services by Area/County

(also, see Shuttle Services on page 60)

Annapolis County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area from

Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price. Kings Transit has recently added an Accessible Low Floor (ALF) bus to its service between Wolfville and Greenwood. The ALF service makes it easier for individuals with physical disabilities to use Kings Transit. Several conditions must be met to use the ALF service. Call for details.

For more information, contact:

Phone: (902) 678-7310

Toll free: 1-888-546-4442

E-mail: andy@kingstransit.ns.ca

Website: www.kingstransit.ns.ca

TransCounty Transportation Society

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people in the Annapolis County, Western Kings County and the Municipality of Digby who are disabled, elderly or disadvantaged.

For more information, contact:

Debbie Decker

Phone: (902) 665-1212

Toll-free: 1-877-305-7433, press 7

E-mail: admin.tcts@ns.sympatico.ca

Cape Breton Regional Municipality

Cape Breton Accessible Transportation Service

This privately operated transportation service provides door-to-door, wheelchair accessible service to residents of Cape Breton. Flexible hours.

For more information, contact:

Barbara Lynds-Boone

Phone: (902) 563-7978

Toll-free: 1-866-382-2287

Handi-Trans

Handi-Trans is a shared-ride, door-to-door public transportation service for registered mobility impaired residents of seven municipalities in Industrial Cape Breton. The service is operated by Cape Breton Regional Transit Authority and is available by appointment, Monday to Saturday.

For more information, contact:

Bernie Steele

Phone: (902) 539-4336

E-mail: dlmacdonald@cbrm.ns.ca

Municipality of Clare

Le Transport de Clare

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged. This service operates Monday to Friday, 8:00 am – 4:00 pm.

For more information, contact:

Volunteer Manager

Dispatch Operator: (902) 769-2477

E-mail: crobicheau@auracom.com

Website: www.gov.ns.ca/snsmr/dialaride

(Choose Transportation Services in NS)

Colchester County

Colchester Transportation Cooperative Ltd. (CTCL)

Through the Dial-a-Ride network, this service provides safe, affordable and accessible public transportation to people who are disabled, elderly or disadvantaged.

For more information, contact:

Phone: (902) 896-7433

E-mail: ctcl@ns.sympatico.ca

Website: www.ctcl.ca

Able Transit (Truro)

This service, operated by the Disabled Consumers' Society of Colchester County, is designed to meet the needs of disabled consumers in Truro and surrounding areas.

For more information, contact:

Phone: (902) 895-2110

Digby County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price. Kings Transit has recently added an Accessible Low Floor (ALF) bus to its service between Wolfville and Greenwood. The ALF service makes it easier for individuals with physical disabilities to use Kings Transit. Several conditions must be met to use the ALF service. Call for details.

For more information, contact:

Phone: (902) 678-7310

Toll free: 1-888-546-4442

E-mail: dbrownell@kingstransit.ns.ca

Website: www.kingstransit.ns.ca

East Hants

East Hants Alternative Transportation Services (EHATS)

This service provides safe, affordable, and accessible public transportation in East Hants to people who are elderly or disadvantaged. EHATS is looking for volunteer drivers. Membership is required in order to access the service.

**Become more physically active.
The more you move, the
better you feel!**

For more information, contact:

Jecca Lewis

224 Highway 214, STE 108

Elmsdale, NS B2S 1J7

Phone: (902) 883-4716

E-mail: E_H_A_T_S@hotmail.com

Halifax Regional Municipality

Metro Transit

This service provides public transportation on fixed-routes in the Halifax/Dartmouth metro area. Special fares for seniors are available when purchasing a seniors' metro pass, a 20-ticket sheet, or when paying cash.

Metro Transit has added Accessible Low Floor (ALF) buses to its service, on designated routes. The ALF service makes it easier for individuals with physical disabilities to use Metro Transit. Several conditions must be met to use the ALF service. Call for details.

For more information, contact:

Metro Info Line: (902) 490-4000

TDD Line: (902) 490-6645

E-mail: MetroInfo@region.halifax.ns.ca

Website: www.halifax.ca/metrotransit

Metro Transit Access-A-Bus

This service, operated by Metro Transit, provides a shared-ride, door-to-door, public transportation service for people who are declared eligible through the registration process. The service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove, and Bay Road.

For more information, contact:

Phone: (902) 490-6999

TTY: (902) 490-6664

E-mail: contactHRM@region.halifax.ns.ca

Website: http://www.halifax.ca/metrotransit/access_a_bus.html

An Extra Hand Transportation

This private service offers door-to-door transportation in the Halifax/Dartmouth area. Available Monday to Friday during the day. Call in advance.

For more information, contact:

Phone: (902) 830-7244

Book-A-Ride

This service provides transportation to medical appointments in most of HRM for seniors and those with disabilities. Call 24 hours in advance.

For more information, contact:

Phone: (902) 864-5591

(902) 864-2165

Need-a-Lift Transportation Services

Through the Dial-a-Ride network, this service provides safe, affordable and accessible public transportation in the Halifax Regional Municipality to people who are disabled, elderly or disadvantaged.

For more information, contact:

Larry Horton

Eastern HRM Partnership Council

11 Glendale Avenue, Unit 9

Lower Sackville, NS B4C 3P2

Phone: (902) 222-LIFT (5438)

Website: www.needalift.ca

VON Transportation

This service provides people in the Halifax Regional Municipality with transportation to health-related appointments, errands, etc. It operates Monday to Friday from 9:00 am – 3:00 pm. Booking is required a week in advance.

For more information, contact:

Transportation Coordinator

Phone: (902) 455-7433

Callow Wheelchair Buses

Wheelchair accessible buses can be booked by groups who require transportation for recreational purposes. This is a not-for-profit service dedicated to providing group and recreational transportation for veterans and physically challenged persons.

For more information, contact:

Tom Waters, Executive Director
Rosemarie Leblanc, Secretary
Phone: (902) 422-9433

Hants County

West Hants Dial-a-Ride

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:

Janice Caldwell, Dispatcher
Phone: (902) 792-1800
Toll-free: 1-877-305-7433
E-mail: dialaride@hantscountycan.org
Website: www.hantscountycan.org

Kings County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price. Kings Transit has recently added an Accessible Low Floor (ALF) bus to its service between

Wolfville and Greenwood. The ALF Service makes it easier for individuals with physical disabilities to use Kings Transit. Several conditions must be met to use the ALF service. Call for details.

For more information, contact:

Phone: (902) 678-7310
E-mail: dbrownell@kingstransit.ns.ca
Website: www.kingstransit.ns.ca

Kings County Alternative Transportation Services Society (KCATSS)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged in the Eastern Kings County area. Transportation to Halifax for medical appointments is also available twice a week. Charitable donations accepted.

For more information, contact:

Phone: (902) 681-2846
Toll-free: 1-877-305-7433
E-mail: ats@ns.sympatico.ca

Lunenburg County

Senior Wheels Association, Bridgewater

This association runs an eight-passenger, wheelchair-accessible bus in the town of Bridgewater and seven kilometres outside the town limits. The service is offered to seniors and disabled persons of all ages and is sponsored by the Bluenose Golden K. Kiwanis Club. *Times:* Daily, and some evenings by request. *Fees:* Free of charge. To reserve a ride, please phone one day in advance.

For more information, contact:

Phone: (902) 543-2255 (answering service)

Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada, and the second highest in the country, behind Saskatchewan.

Pictou County

Central Highlands

Association of the Disabled (CHAD)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly or disadvantaged.

For more information, contact:

Ron Levy, New Glasgow

Phone: (902) 755-1944

Toll free: 1-877-305-7433

E-mail: r.levy@ns.sympatico.ca

Website: www.gov.ns.ca/snsmr/dialaride
(choose Transportation Services in NS)

VON Volunteer Transportation Program

Transportation to health related appointments in Pictou County is provided during the day, Monday to Friday. Advance booking is required.

For more information, contact:

Sheila Hoeg, Coordinator

VON New Glasgow

Phone: (902) 755-4524

Queens County

VON Seniors' Assisted Transportation Program

In partnership with Queens County Crime Prevention Program, this service provides transportation to medical appointments, grocery stores, banks and other important locations for seniors.

Know Your Medications

Talk to your doctor or pharmacist
about the
medications you are taking.

For more information, contact:

Margo Walsh Leaman, Coordinator

VON Liverpool

Phone: (902) 354-3297

E-mail: vonqueens@ns.sympatico.ca

Yarmouth County

Hut's Transit

This service provides public transportation on fixed-routes within the town of Yarmouth, from Monday to Friday from 8:00 am – 5:00 pm.

For more information, contact:

Gary Hudson

Phone: (902) 749-4309 (direct to bus)

Handicapped Organization Promoting Equality (HOPE)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation in Yarmouth County to people who are disabled, elderly, or disadvantaged.

For more information, contact:

Bill Crawford, Yarmouth, NS

Phone: (902) 742-8910

Toll free: 1-877-305-7433

E-mail: hopecentre@ns.sympatico.ca

Website: www.yarmouthweb.com/hope/

Shuttle Services

Amero's Shuttle Service, Inc.

(Yarmouth – Halifax)

Returns Daily.

For more information, contact:

Toll-free: 1-888-283-2222

Campbell's Shuttle Service

(Yarmouth – Halifax)

Personalized service is offered daily in a seven-passenger van.

For more information, contact:

Phone: (902) 742-6101

Toll-free: 1-800-742-6101

Cloud Nine Shuttle Service

(Yarmouth – Halifax)

Returns daily.

For more information, contact:

Toll-free: 1-888-805-3335

Health Care Shuttle

(Pictou – Halifax)

Door-to-door transportation to and from appointments is provided, by appointment only. Drivers are available to help clients in and out of hospitals, doctors' offices, etc.

For more information, contact:

John Henderson

Phone: (902) 922-3066

For emergencies: (902) 759-2554

Moir's Shuttle Service

(Cape Breton – Halifax)

Clean, comfortable and safe transportation with onboard movies. From Halifax to Cape Breton and Cape Breton to Halifax twice daily, everyday. Leaves at 8 a.m. and 5 p.m.

For more information, contact:

Phone: (902) 488-6682

Toll-free: 1-866-633-6647

Website: www.moirsshuttle.piczo.com

Valley Drug Mart Health

(Middleton – Halifax)

Daily service is available to any patient who has an appointment with a specialist in Halifax. Donations are greatly appreciated.

For more information, contact:

Phone: (902) 825-4822

Sloane's of Hants Helping Hand Transport

(Truro – Halifax – Windsor)

Door-to-door return service to your appointments is provided. Assistance is available, if needed. Day trips for up to three persons are also available. Wheelchair is available, but not wheelchair accessible. Call in advance.

For more information, contact:

John Sloane, Shubenacadie

Phone: (902) 883-2149

Federal Retirement Income Programs

Old Age Security and Canada Pension Plan Programs

Service Canada (SC) administers the Old Age Security (OAS) and Canada Pension Plan (CPP) programs. You can contact Service Canada to arrange an appointment or ask questions about CPP or OAS. Seniors not receiving Old Age Security, please call Service Canada.

For more information, contact:

Toll-free (*English*): 1-800-277-9914

Sans frais (*Français*): 1-800-277-9915

TTY: 1-800-255-4786

Websites: www.servicecanada.gc.ca

www.seniors.gc.ca

Old Age Security Program (OAS)

This monthly benefit is available to most Canadians 65 years of age or older. You must apply for this pension benefit and you must also meet OAS residence requirements.

Your employment history is not a factor in determining your eligibility, nor do you need to be retired to receive this benefit. You can apply for OAS benefits any time from six months to a year before your 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

The amount of your pension depends on how long you have lived in Canada. If you do not have enough periods of residence in Canada to qualify for a pension, you may still qualify if you lived in and/or made social security contributions in a country with which Canada has a social security agreement.

Information for Higher Income Seniors

In 2005, pensioners with an individual net income above \$60,806 will repay part or all of the maximum Old Age Security pension amount. The repayment amounts are normally deducted from their monthly payments before they are issued. The full OAS pension is eliminated when a pensioner's net income is \$98,793 or above.

Other Benefits

Other benefits available through the Old Age Security Program are:

- Guaranteed Income Supplement (GIS)
- Allowance
- Allowance for the Survivor

Guaranteed Income Supplement (GIS)

This benefit is a non-taxable, monthly benefit paid to residents of Canada who receive a basic, full, or partial Old Age Security pension, and who have little or no other income. To determine if you qualify for the GIS, call 1-800-277-9914.

Remember, to receive the GIS you must re-apply each year by filing an income statement or completing an income tax return.

Allowance

This benefit provides a modest income if you have a low income, are 60 – 64 years old, and are the spouse or common-law partner of an OAS pensioner. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, if there is a change in your marital status, or if you die. You must re-apply every year for this benefit by filing an income statement or completing an income tax return.

Allowance for the Survivor

This benefit provides a modest income if you have a low-income, are 60 – 64 years old, and if your spouse or common-law partner has died. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, or if you die.

If your income and/or marital status change, your benefit rate can go up or down, or stop altogether (i.e. you can't qualify if you've remarried or entered a common-law relationship since your partner's death). Remember that you could be entitled to benefits now even if you were turned down in the past. If your benefits are stopped at any point, you should check each year after that to find out if you qualify again.

You must reapply every year for this benefit.

Important Notes

- If you receive the GIS or Allowance for the Survivor based on your own income and marry, or enter into a common-law relationship that exceeds 12 months, you must declare both incomes to calculate your eligibility for GIS and the Allowance. Not declaring your proper marital status can affect future benefits. Other Government of Canada programs may also be affected.
- The GIS and the Allowances are intended for low-income seniors who live in Canada. They will stop if you leave Canada for a period of more than six months, following the month of your departure. When you return to Canada, you can apply to have your benefits restored.
- Your OAS pension, the GIS, and the Allowances are adjusted every three months for inflation. While the OAS pension is a taxable benefit, you are not taxed on the GIS or the Allowances. If you qualify for these benefits you may also be eligible for other programs or benefits offered by the Province of Nova Scotia.

For more information, contact:

Service Canada

Toll-free (*English*): 1-800-277-9914

Sans frais (*Français*): 1-800-277-9915

Canada Pension Plan (CPP)

This plan offers benefits to people who have contributed to the Canada Pension Plan or to both the Canada Pension Plan and the Quebec Pension Plan. You must apply for these benefits.

The Canada Pension Plan, which began in 1966, provides benefits when a contributor to the plan retires, becomes disabled, or dies. The

amount of the benefit depends on the amount of earnings and contributions to the plan. All Canada Pension Plan benefits are paid out of the CPP fund and are subject to income tax.

Retirement Pension

This is a monthly benefit payable to eligible contributors who are 65 years of age or older. If you are 60 – 64 years of age, you may receive a reduced benefit if you meet the earning requirements set out in the legislation. For details, contact Service Canada. This benefit will continue even if you return to work at a later date. Once you begin to receive your retirement pension you must stop contributing to the Canada Pension Plan. When you become 65 years of age you do not need to stop work to receive this retirement pension benefit.

Disability Pension

This is a monthly benefit payable to eligible contributors who are disabled (according to the terms of CPP legislation), who are under the age of 65, and who have made sufficient contributions to the plan. The Disability Pension includes benefits for dependent children of disabled contributors.

Survivor's Benefit

This is a monthly pension paid to the spouse or common-law partner of a deceased contributor, if that contributor made sufficient contributions to the plan. The amount of the pension is determined by the amount of the deceased's contributions to the plan, the age of the surviving spouse or common-law partner at the time of death, whether there are dependent children, or if the surviving spouse or common-law partner is disabled.

Death Benefit

This is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the plan for a minimum qualifying period. Maximum Benefit: \$2,500.

Children's Benefit

This benefit is paid on behalf of a deceased contributor or a CPP disability benefit recipient to dependent children providing the legislative requirements are met. The monthly benefit is a flat-rate amount.

For more information, contact:

Toll-free (*English*): 1-800-277-9914

Sans frais (*Français*): 1-800-277-9915

Veterans Affairs Canada

Veterans Affairs Canada

Veterans Affairs Canada (VAC) offers services and benefits to eligible veterans and certain civilian groups. VAC offers financial assistance to eligible veterans who need to purchase assistive devices. Access to these benefits depends on the eligibility status and specific health needs. Certain limitations and restrictions also may apply.

For more information, contact:

Toll-free (*English*): 1-866-522-2122

Sans frais (*Français*): 1-866-522-2022

Veterans' Independence Program

The Veterans Independence Program (VIP) is a needs-based program to help eligible Veterans and their spouses remain independent in their homes and communities. It is offered in combination with other federal, provincial, and municipal programs. For more information about what VIP covers, or to determine if you are eligible, contact Veterans Affairs Canada.

For more information, contact:

Toll-free (*English*): 1-866-522-2122

Sans frais (*Français*): 1-866-522-2022

Provincial Financial Aid Programs

Property Tax Rebate Program

This program, administered by Service Nova Scotia and Municipal Relations, is designed to help eligible seniors remain in their own homes by providing them with an annual rebate on their municipal property taxes.

The program provides eligible homeowners with a 50 percent rebate on the municipal property taxes paid the previous year, up to a maximum of \$400 per year. The rebate in 2006 will be for property taxes paid in 2005.

Eligibility

You are eligible to receive the rebate if you meet the following criteria:

- You were receiving either the Guaranteed Income Supplement (GIS) or the Allowance in January of this year. To find out if you qualify for the GIS or the Allowance, call Service Canada at 1-800-277-9914.
- You are living in your home at the time you apply for the rebate and continue to reside in the home.
- Your 2005 property taxes were paid in full.

Money Matters

Keeping track of all your property, banks accounts, and belongings can help prevent financial abuse.

Application Process

Previous Applicants

If you received the Property Tax Rebate last year and were in receipt of the Guaranteed Income Supplement or the Allowance in January 2006, an application form will automatically be mailed to you in July. To receive the rebate, simply complete the application form and return it to the Senior Property Tax Rebate Program by December 31, 2006.

New Applicants

To determine your eligibility for the rebate, call Service Nova Scotia and Municipal Relations, toll-free at 1-877-296-9338. If you are eligible, an application form will be mailed to you in August 2005. To receive the rebate, simply complete the application form and return it to Service Nova Scotia and Municipal Relations by December 31, 2006.

For more information, contact:

Seniors' Property Tax Rebate Program
Service Nova Scotia and Municipal Relations
Business Registration
PO Box 283
Halifax NS B3J 2N7
Phone (Halifax): (902) 424-4500
Toll Free: 1-877-296-9338

Nova Scotia Department of Community Services

This department promotes the independence, self reliance, security and well being of the people it serves. See specific information about housing and home repairs on page 89 and Seniors Special Assistance on page 65.

For more information, contact:

Head Office NS Department
of Community Services
PO Box 696
Halifax, NS B3J 2T7
Phone: See Field Offices (below)
Website: www.gov.ns.ca/coms

Seniors Special Assistance

Funding may be available, on an exceptional basis, to low income seniors who have special needs and no means of paying to have those needs met. To qualify, all other funding sources must be explored including the federal Old Age Security Program and Guaranteed Income Supplement. For more information or to discuss your eligibility, contact the Department of Community Services Field Office nearest you.

Field Offices

Central Region

Cole Harbour: (902) 435-7472

Dartmouth (Portland): (902) 424-1600

Halifax: (902) 424-4150

Sackville: (902) 869-3600

Eastern Region

Sydney: (902) 563-3300

Glace Bay: (902) 842-4000

North Sydney: (902) 794-5110

Port Hawkesbury: (902) 625-0660

Northern Region

Antigonish: (902) 863-3213

Colchester: (902) 893-5950

Cumberland: (902) 667-3336

Guysborough: (902) 533-4007

Pictou: (902) 755-7363

Western Region

Annapolis: (902) 532-2358

Bridgewater: (902) 543-5527

Digby: (902) 245-5811

Hants: (902) 798-8319

Kings: (902) 678-6176

Queens: (902) 354-2771

Shelburne: (902) 637-2335

Yarmouth: (902) 742-0741

Vital Statistics and Proof of Age

Birth, Marriage, and Death Certificates

Service Nova Scotia and Municipal Relations, Vital Statistics, issues birth, marriage and death certificates for persons who were born, married or died in Nova Scotia.

You may request a birth, marriage or death certificate by contacting Vital Statistics in person, by mail, fax or e-mail. You may also make application for a birth certificate online by visiting:

<http://www.gov.ns.ca/snsmr/vstat/certificates/birth.asp> and click on the "birth certificate on-line" option.

When you apply for a birth certificate, you must give your full name (first, middle, and last); the date and place of birth, your parents' full names (including mother's maiden name) and your father and mother's birthplace. For marriage certificates, you must provide the names of both parties to the marriage and the date and place of marriage. For death certificates, you will need to give the name of the deceased and the date and place of death.

You must also state the reason for your request. The fee for each short form certificate is \$26.50. A detailed certificate is \$32.00. Visa or MasterCard are accepted.

If you were born outside Nova Scotia, the Vital Statistics Office may be able to give you information on where to write for your birth certificate.

Counter service is available Monday to Friday, 8:30 am – 4:30 pm, excluding holidays.

For more information, contact:

Vital Statistics Office

1690 Hollis Street, PO Box 157

Halifax, NS B3J 2M9

Phone (Halifax): (902) 424-5851

Toll-free: 1-800-898-7668

E-mail: vstat@gov.ns.ca

Website: www.gov.ns.ca/snsmr/vstat

Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination, which may have duplicate records.

Proof of Age

Many reductions and benefits are available to seniors. To receive them you are expected to prove your age. Many businesses will accept your Old Age Security (OAS) Identification Card, passport, driver's license, or a general photo ID card, such as the one available from the Registry of Motor Vehicles.

Seniors' Card (OAS)

You will receive an Old Age Security (OAS) Identification Card in the mail the same month you receive your first OAS cheque.

For more information, contact:

Service Canada

Toll-free (*English*): -277-9914

Sans frais (*Français*): -277-9915

Photo IDs

Service Nova Scotia and Municipal Relations offers an identification card service. For more information about what is required to obtain a photo ID or office locations, contact the number below. The fee for the service is \$14.60 and the card is valid for five years.

For more information, contact:

Phone (Halifax): (902) 424-5851

Toll-free: 1-800-898-7668

Website: www.gov.ns.ca/snsmr/RMV/other/idcard.asp

Passports

Your passport can be used for identification purposes (see page 46 for more information.)

Taxes

Personal Income Tax

Canadian citizens are required to fill out income tax forms to calculate the amount of taxes they should pay each year. These must be returned to the Canada Revenue Agency (CRA).

Depending on your situation and if you filed an income tax return last year, you may receive a personalized income tax package through the mail.

General income tax returns and guides are available from your income tax office or local post office. It is now possible to file your income tax return via the Internet.

When calling about your income tax, be sure to have your questions ready and your social insurance number and tax papers handy.

For more information, contact:

Canada Revenue Agency

Automated Information: 1-800-267-6999

Refund Enquiries: 1-800-959-1956

Income Tax Enquiries: 1-800-959-8281

Forms and Publications: 1-800-959-2221

Website: www.cra-arc.gc.ca/forms

Community Volunteer Income Tax Program

If you need help completing your income tax return and have limited income, ask the Canada Revenue Agency for a list of the volunteer tax clinics in your area or call the Seniors' Secretariat toll-free at 1-800-670-0065.

The clinics are offered free of charge throughout Nova Scotia from the middle of March to the end of April.

If you would like to offer your services as a volunteer, training is provided.

For more information, contact:

Pat Olmstead

Phone: (902) 426-5149

Toll-free: 1-888-704-8110

Service for Seniors

A new income tax filing service is available to seniors who meet certain criteria. In February 2006, those eligible for this service will receive a letter in the mail inviting them to file their 2005 income tax return for free using a touch-tone telephone. The service requires clients to identify themselves and answer a few "yes" or "no" questions. During the assessment process, the client's income will be included automatically using information from the

Canada Revenue Agency. The client will be allowed the basic personal amount, the age amount and, if applicable, the disability amount. Clients do not have to prepare their income tax return prior to using Service for Seniors. After they have filed, a Notice of Assessment will be issued to confirm the amount of their Old Age Security (OAS), Canada Pension Plan (CPP), Quebec Pension Plan (QPP) or Net Federal Supplements.

Service for Seniors: Eligibility Criteria

- Over age 65
- Only income in 2005 was from Old Age Security (OAS), Canada Pension Plan (CPP), Quebec Pension Plan (QPP), or Net Federal Supplements.
- Taxable income in 2005 was less than \$10,500 or \$15,000 if the client is entitled to the disability amount.

To use Service for Seniors, call Canada Revenue Agency's existing TELEFILE service at 1-800-959-1110. Once you enter your social insurance number and access code, the Telefile service will know if you are eligible to use the new service.

Caregiver Tax Tips

Seniors are entitled to a number of tax credits including: Basic Personal Credit, Age Credit, Personal Disability Credit, and Credits for Medical Expenses. Caregivers are also entitled to additional tax credits, including: Caregiver Credit, Spousal Credit, Dependent Disability Credit, Spousal Transfer Credit, Eligible Dependent Credit, and Infirm Dependent Credit. For more information, refer to your tax guide, speak with a financial advisor, or call the Canada Revenue Agency at 1-800-959-8281.

GST Credit

The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families with moderate or lower incomes.

To apply, you must file a tax return and complete the Goods and Services Tax Credit information section on Page 1 of your tax return. If you are eligible, you will receive payments in July, October, January, and April. Only one member of each family unit is eligible to apply.

For more information, contact:

Canada Revenue Agency

Toll-free: 1-800-959-1953

Website: www.cra-arc.gc.ca/benefits

When You Retire

This pamphlet highlights tax topics of importance to retirees. To obtain a copy, call Canada Revenue Agency at 1-800-959-2221.

Legal Matters

Nova Scotia Department of Justice

The Department of Justice has a number of resources to help seniors who have been victimized by crime. Victim Services Officers are there to help you deal with trauma resulting from a crime. They can help you prepare a victim impact statement and provide information to help you understand the criminal justice system.

Victim Services has four regional offices in Dartmouth, Kentville, New Glasgow, and Sydney.

To help fight fraud against seniors and elder abuse, resource material is available on the Internet (see address below).

For more information, contact:

5151 Terminal Road, PO Box 7

Halifax, NS B3J 2L6

Phone: (902) 424-3309

Toll-free: 1-888-470-0773

Website: www.gov.ns.ca/just

Legal Information Society of Nova Scotia

The Society helps Nova Scotians find out about the law over the phone, online, and in print. Call the Legal Information Line weekdays at **1-800-665-9779** to talk to a counsellor, get information any time through Dial-a-Law (902) **420-1888** or go online **www.legalinfo.org**.

Information and resources are available on such topics as wills, family and criminal law, powers of attorney, guardianship, and many other legal topics. The Society also operates a speaker's bureau.

A *Seniors and the Law* information kit is available for purchase from the society. Single copies of the following pamphlets are available free of charge from either the Society at **454-2198** or Seniors' Secretariat at **1-800-670-0065**. They are also available on the Society's website.

- Patients' Rights
- The Public Trustee
- Elder Abuse (*The Adult Protection Act*)
- Living Wills
- Making a Will
- When You Need Help to Manage in Your Home
- Collection Agencies

- Consumer Reporting Agencies
- Guardianship of Adults
- Power of Attorney
- How to Avoid Phone Fraud
- How to Avoid Mail Fraud
- How to Avoid Internet Fraud

For more information, contact:

5523B Young Street

Halifax, NS B3K 1Z7

Phone: (902) 454-2198

E-mail: www.legalinfo.org

Legal Information Line and Lawyer Referral Service

The Legal Information Society operates a legal information line and lawyer referral service. Legal information is available Monday to Friday, 10:00 am – 3:00 pm and Tuesday and Wednesday, 5:00 pm – 7:00 pm, from September until June.

For more information, contact:

Phone: (902) 455-3135

Toll-free: 1-800-665-9779

Dial-A-Law

This service, managed by the Legal Information Society, provides general information, 24 hours a day on a wide variety of topics using brief tape-recorded messages. Although the service is free, long distance charges apply if you live outside the Halifax calling area. Lawyers throughout the province volunteer their time to review the information to keep it up to date.

To use this service, contact

Phone: (902) 420-1888

**A regular pap test could
save your life!**

The Law and Older Nova Scotians

This publication, published by Canadian Pensioners Concerned (CPC), is a handbook of federal and Nova Scotia law and other related issues of interest and importance to Nova Scotia seniors. It is available by contacting the Seniors' Secretariat at 1-800-670-0065.

Public Trustee

The Public Trustee is a lawyer named by the provincial government to help adults and children who are unable to look after their financial affairs. The Public Trustee may perform various functions, including:

- Managing estates of living persons who need services of a trustee, guardian, attorney or other fiduciary not readily available in the private sector to such living persons.
- Administering estates of deceased persons and has standing to apply for a grant of administration or administration with will annexed in any case where no grant of probate or administration has been issued.
- Consenting to medical or surgical treatment of a mentally incompetent hospital patient when consent cannot be obtained from the patient's guardian, spouse or next-of-kin.
- Acting as litigation guardian or representative in litigation for minor, incompetent, deceased, missing or unascertained litigants in respect of whom a court makes representation orders.

The Public Trustee receives many requests for assistance. Each case is reviewed by the Public Trustee to determine if it is an appropriate case for the Public Trustee's intervention.

There are fees charged by the Public Trustee for its services. The fees charged are in

accordance with the fees provided by legislation and the Rules of Court.

For more information, contact:

Public Trustee of Nova Scotia
PO Box 685
Suite 405, 5670 Spring Garden Road
Halifax, NS B3J 2T3
Phone: (902) 424-7760

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

Nova Scotia Legal Aid

Legal Aid may be granted to a person on Social Assistance or in an equivalent financial position where there is merit in providing legal assistance in certain areas of family and criminal law. Please refer to your telephone book (white, blue or yellow pages under Legal Aid or Nova Scotia Legal Aid) for the office nearest you.

For more information, contact:

Office of the Executive Director
Nova Scotia Legal Aid Commission
102-137 Chain Lake Drive
Halifax, NS B3S 1B3
Phone: (902) 420-6578
Toll-Free: 1-877-420-6578
E-mail: nsla.exec@ns.sympatico.ca
Website: www.gov.ns.ca/just/legad.htm

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the law school at Dalhousie University. (See contact information on page 49.)

Some of Your Government Representatives



PETER CHRISTIE Serving Bedford



Phone: 832-7383 • Fax: 832-1727
email: peter.christie@ns.aliantzinc.ca



Carolyn Bolivar-Getson Serving Lunenburg West

*Proud to be serving
Lunenburg West Seniors*

410 King Street,
Bridgewater, N.S. B4V 1A9
Ph. 902 530 0001
Fax: 902 530 0004
E-mail: bolivargetson@eastlink.ca



Gordie Gosse MLA Serving Cape Breton Nova

758 Victoria Road, Sydney, N.S. B1N 1J6
E-Mail: gordiegosse@ns.aliantzinc.ca
Ph: (902) 564 9161
Fax: (902) 564 9975

Mark Parent MLA Kings North



*"Listening
to your
concerns."*

Ph. 902-678-2730 • Fax 902-678-4236

JUDY STREATCH MLA Serving Chester-St. Margarets



Bizee Centre 2B Comp. 2
Black Point, N.S. B0J 1B0

Phone: 858-5839 • Fax: 858-3101
email: jstreach@eastlink.ca



Jerry Pye M.L.A. Serving the people of Dartmouth North

NDP Critic for Seniors, the Disabled Persons
Commission, and Residential Tenancy Board
461-6111 Fax: 461-1895
jpye@ns.aliantzinc.ca
25 Crystal Drive B3A 4L3

Michael G. Baker MLA ~Lunenburg Constituency~



10 Pelham Street, PO Box 315,
Lunenburg, NS B0J 2C0
Phone: (902) 634-4199 • Fax: (902) 634-4652
michaelbakermld@ns.sympatico.ca

[illegible]

Serving Lunenburg West

**Proud to be serving
Lunenburg West Seniors**

**410 King Street,
Bridgewater, N.S. B4V 1A9
Ph. 902 530 0001
Fax: 902 530 0004
E-mail: bolivargetson@east**



758 Victoria Road, Sydney, N.S. B1N 1J6

E-Mail: gordiegosse@ns.alianzinc.ca
Ph: (902) 564 9161
Fax: (902) 564 9975



Phone: 832-7383 • Fax: 832-1727
email: peter.christie@ns.aliantzinc.ca



Mark Parent
MLA
Kings North

**"Listening
to your
concerns."**

Ph. 902-678-2730 • Fax 902-678-4236



JUDY STREATCH MLA
Serving Chester-St. Margarets

Bizee Centre 2B Comp. 2
Black Point, N.S. BOJ 1BO

Phone: 858-5839 • Fax: 858-3101
email: jistreach@eastlink.ca



Jerry Pye
M.L.A.
Serving the people
of Dartmouth North

NDP Critic for Seniors, the Disabled Persons Commission, and Residential Tenancy Board

461-6111 Fax: 461-1895

jpye@ns.aliantzinc.ca
25 Crystal Drive B3A 4L3

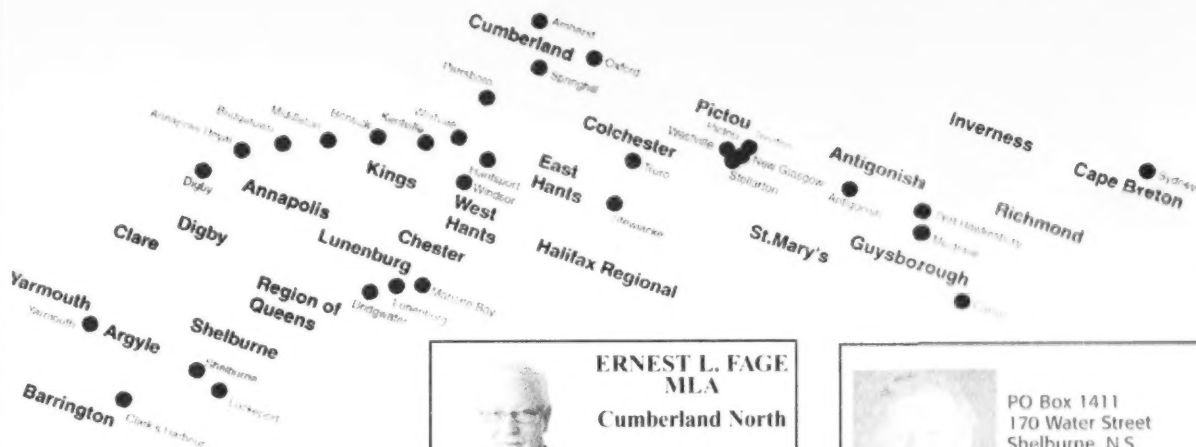


Michael G. Baker MLA
~Lunenburg Constituency~

10 Pelham Street, PO Box 315,
Lunenburg, NS B01 2C0

Phone: (902) 634-4199 • Fax: (902) 634-4652
michaelhukarnika@ns.sympatico.ca

Some of Your Government Representatives



**ERNEST L. FAGE
MLA**

Cumberland North

*"Working
With You"*

103 South Albion St.
Amherst, N.S. B4H 2X2

Phone 667-2332
Fax 667-1520

Email: elf@ns.sympatico.ca

1462265



PO Box 1411
170 Water Street
Shelburne, N.S.
BOT 1W0
Ph: 902 875 3922
Fax: 902 875 3872
E-Mail:
odonellmla@ns.aliantzinc.ca

Cecil O'Donnell MLA
Serving Shelburne County

1462253

Murray Scott MLA

Serving Cumberland South

1462254

6 McFarlane Street
Springhill, N.S.
B0M 1X0
Ph: 902 597 1998
Fax 902 597 8080
E-Mail: murrayscottmla@eastlink.ca



Keith Colwell MLA, Preston



Best wishes to all Nova Scotian seniors

For more information or help:
2345 Highway #7, Box 1, Comp 4,
East Preston, Nova Scotia B2Z 1G6
Telephone: 433-1494 Fax: 435-1712
Email: colwellkw@gov.ns.ca

John MacDonell MLA

Hants East

202 Highway #2
Unit 5 P.O. Box 330
Enfield, N.S. B2T 1C8

Ph. 883-7308
Toll Free
1-888-827-2212
Fax 883-7627

E-mail: john.macdonell@ns.sympatico.ca



Darrell Dexter

**Leader of the Opposition
NDP**

Leader's/Caucus Office:
Phone: 424-4134 Fax: 424-0504
Toll Free: 1-888-247-0448

MLA - Cole Harbour
971 Cole Harbour Rd.
Dartmouth, NS B2V 1E8
Phone: 462-5300
Fax: 462-5306

E-mail: ndpcaucus@gov.ns.ca
www.ndpcaucus.ns.ca



Harold (Jr.) Theriault, MLA Digby/Annapolis

310 Conway Ave
PO Box 1038
Digby NS B0V 1A0
Ph: 902-245-2991
Fax: 902-245-6853
Email: junior@ns.aliantzinc.ca



1462249

Joan Massey MLA

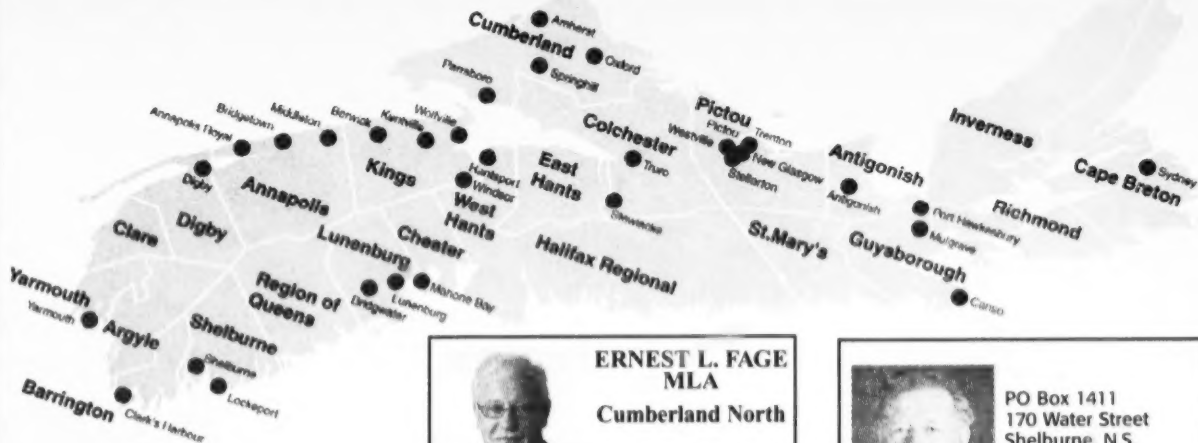
**Dartmouth
East**

#303 - 63 Tacoma Drive
Dartmouth, NS B2W 3E7
Phone: 464-3805 • Fax: 462-8675
Email: joanmasseymla@ns.aliantzinc.ca



1462252

Some of Your Government Representatives



ERNEST L. FAGE
MLA
Cumberland North

"Working With You"

103 South Albion St.
Amherst, N.S. B4H 2X2
Phone 667-2332
Fax 667-1520
Email: elf@ns.sympatico.ca

1462265



PO Box 1411
170 Water Street
Shelburne, N.S.
B0T 1W0
Ph: 902 875 3922
Fax: 902 875 3872
E-Mail: odonnellmla@ns.aliantzinc.ca

Cecil O'Donnell MLA
Serving Shelburne County

1462263

Murray Scott MLA
Serving Cumberland South

1462254

6 McFarlane Street
Springhill, N.S.
B0M 1X0
Ph: 902 597 1998
Fax 902 597 8080
E-Mail: murrayscottmla@eastlink.ca



Keith Colwell MLA, Preston



Best wishes to all Nova Scotian seniors

For more information or help:
2345 Highway #7, Box 1, Comp 4,
East Preston, Nova Scotia B2Z 1G6
Telephone: 433-1494 Fax: 435-1712
Email: colwellkw@gov.ns.ca

John MacDonell
MLA
Hants East

202 Highway #2
Unit 5 P.O. Box 330
Enfield, N.S. B2T 1C8
Ph. 883-7308
Toll Free
1-888-827-2212
Fax 883-7627
E-mail: john.macdonell@ns.sympatico.ca



Darrell Dexter
Leader of the Opposition
NDP

Leader's/Caucus Office:
Phone: 424-4134 Fax: 424-0504
Toll Free: 1-888-247-0448

MLA - Cole Harbour
971 Cole Harbour Rd.
Dartmouth, NS B2V 1E8
Phone: 462-5300
Fax: 462-5306
E-mail: ndpcaucus@gov.ns.ca
www.ndpcaucus.ns.ca



Harold (Jr.) Theriault, MLA
Digby/Annapolis

310 Conway Ave
PO Box 1038
Digby NS B0V 1A0
Ph: 902-245-2991
Fax: 902-245-6853
Email: junior@ns.aliantzinc.ca



1462249

Joan Massey
MLA
Dartmouth East

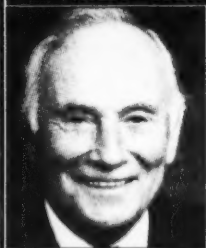
#303 - 63 Tacoma Drive
Dartmouth, NS B2W 3E7
Phone: 464-3805 • Fax: 462-8675
Email: joanmasseymla@ns.aliantzinc.ca



1407604

Some of Your Government Representatives

Ronald S. Russell MLA - Hants West



**Working
for you**

100 King Street,
Windsor Nova Scotia
Ph: 798-5779
Fax: 798-4093

E-mail: russellmla@ns.sympatico.ca

1462252



Marilyn More, MLA

DARTMOUTH SOUTH-PORTLAND VALLEY

135 Portland Street, Dartmouth,
Nova Scotia B2Y 1H9

phone: 463-6673 fax 463-4973
www.marilynmore.ca

1463974

Cecil Clarke MLA - Cape Breton North



**Here to
help!**

76 Commercial St.,
North Sydney
Ph: 794-4060
Fax: 794-1815

E-mail: mlaclarke@ns.sympatico.ca

1463987

Gerald Sampson MLA



**Serving Victoria
- The Lakes**

1764 Old Route
Five, Big Bras D'or
N.S. B1X 1A6

Ph: 902-674-2891
Fax: 902-674-2523

Email: sampsoe@gov.ns.ca



JAMIE MUIR M.L.A.

**Representing Bible Hill,
Millbrook, Salmon River
and Truro**

Office Hours: Monday-Thursday
8:30am - 1:00pm
2:00pm - 4:30 pm

28A Esplanade (Truro Centre)
Truro, NS B2N 2K3

893-8679

1463969

David Wilson MLA

**Serving
Sackville-Cobequid**



51 Cobequid Road, Suite 105
Lower Sackville, N.S. B4C 2N1

Ph: 864 0396
Fax: 864 8409

E-Mail davidawilsonmla@eastlink.ca

Kerry Morash MLA



Queens

212 Main St.
P.O. Box 1750
Liverpool, N.S.
B0T 1K0

Ph. (902) 354-3538
Fax (902) 354-2851
1-866-359-2797

E-mail: kgmorashmla@aliantzinc.com

1463972

David Morse MLA



**Serving
Kings
South**

E-Mail morse.mla@ns.sympatico.ca

Geoff Regan MP



**Halifax
West**

1496 Bedford Highway
Suite 222, Bedford, N.S.
B4A 1E5

Ph. (902) 426-2217
Fax (902) 426-8339

Email: regan.g@parl.gc.ca
www.geoffregan.com

1462238

Hon. Robert Thibault, M.P. West Nova - Nova Quest

1-349 Main Street
Middleton, Nova Scotia
Ph. 902.825.2320
Fax: 902.825.3475

Complexe Pier One
101, rue Water, suite 1-A
Tél: 902.742.6808
Télé: 902.742.6815



**Alexa
McDonough
MP for Halifax**

NDP
Seniors' Charter
**"You Deserve a
life with dignity,
prosperity and
security."**

Tel: 426-8693
Fax: 426-8693

alexam@eastlink.ca
www.alexahfx.ca



**Scott
Brison
MP**

232 Main Street, Box 400
Wolfville, NS BOP-1X0

Ph. 902-542-4010
Fax: 902-542-4184

1407608

For information contact:

Reception, 2209 Gottingen Street
Halifax, NS B3K 3B5
Phone: (902) 423-8105

Small Claims Court

This court provides a quick, informal, and cost-effective method for deciding claims up to \$15,000 (not including interest). If you are making a claim, neither you nor the person whom the claim is against will need a lawyer. Small Claims Court is less formal than other courts and the case is presented to an adjudicator rather than a judge. The adjudicator is a lawyer. Small Claims Court is usually held in the evenings. Contact the clerk of the Small Claims Court nearest you for more information. Look for the telephone number in the government section of your telephone directory, under the heading of Courts.

Human Rights

**Nova Scotia
Human Rights Commission**

The Commission is an independent government body charged with the administration of the province's *Human Rights Act*, which protects Nova Scotians from discrimination.

The Commission's services include:

- Providing free information, on a confidential basis, to people who believe they may have experienced discrimination.
- Investigating complaints of discrimination.
- Providing education and information programs on diversity and stopping sexual harassment.
- Consulting with organizations to help them set up their own policies and programs.

The Commission has offices in Halifax, Sydney, Digby, and New Glasgow.

For more information, contact:

6th Floor, Joseph Howe Building
1690 Hollis Street
PO Box 2221
Halifax, NS B3J 3C4
Phone: (902) 424-4111
Toll-free: 1-877-269-7699
E-mail: hrcinquiries@gov.ns.ca
Website: www.gov.ns.ca/humanrights

Consumer Information and Complaints

Reverse Mortgages

A reverse mortgage allows a homeowner to gain income by taking out a loan against their home. The amount available depends on your age, your spouse's age, and the location and type of your home.

There may be benefits to getting a reverse mortgage, but it does not suit all personal and financial situations. The Seniors' Secretariat has a collection of information that will further your understanding of reverse mortgages. This will help you decide if a reverse mortgage is right for you.

To obtain a copy of the reverse mortgage information package, contact the Seniors' Secretariat at 1-800-670-0065.

**Canadian Home Income Plan
(CHIP)**

Canadian Home Income Plan (CHIP) provides reverse mortgages to Canadian seniors. If you are 62 or older and own your home, you may

be eligible to get a reverse mortgage through designated Canadian banks or investment and financial planning firms.

For more information, contact:

Canadian Home Income Plan
45 St. Clair Avenue West, Suite 600
Toronto, ON M4V 1K9
Toll-free: 1-800-563-2447

Better Business Bureau of the Maritime Provinces Inc.

The Better Business Bureau of the Maritime Provinces Inc. answers over 60,000 calls from consumers each year looking for information on, or assistance with, firms doing business in the Maritime Provinces. The CAMVAP program also helps consumers resolve disputes with automobile manufacturers.

For more information, contact:

Don MacKinnon
1888 Brunswick Street, Suite 805
Halifax, NS B3J 3J8
Phone: (902) 422-6581
Toll free: 1-800-422-5413
E-mail: bbbmp@bbbmp.ca
Website: www.bbbmp.ca

Concerns about Businesses

If you are concerned that the person or business you are dealing with is not licensed or providing adequate service, contact Service Nova Scotia and Municipal Relations.

This government department is responsible for examining and licensing many business people, including collection agencies, cemetery and funeral services, direct sellers, mortgage brokers and lenders.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

For more information, contact:

Phone (Halifax): (902) 424-5200
Toll-free: 1-800-670-4357

Concerns about Insurance and Financial Institutions

If you are concerned about the business practices of financial institutions such as trust and loan companies, credit unions, and insurance companies or agents, contact the Department of Environment and Labour, Financial Institution Division.

For more information, contact:

Phone: (902) 424-6331
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/enla/fin/fininst.htm

Concerns About Investments

The Nova Scotia Securities Commission protects investors from practices and activities that tend to undermine their confidence in the fairness and efficiency of securities markets. Call the Commission for a free copy of the brochure, *Protecting Your Finances: How To Avoid Investment Fraud and Scams*.

For more information, contact:

Nova Scotia Securities Commission
Joseph Howe Building
2nd Floor, 1690 Hollis Street
PO Box 458, Halifax, NS B3J 2P8
Phone: (902) 424-7768
Website: www.gov.ns.ca/nssc

Debtor Assistance

This service provides financial counselling and assistance through legal options under the *Bankruptcy and Insolvency Act*. These programs may provide you with flexibility in restructuring and repaying your debt.

For more information, contact:

Service Nova Scotia and Municipal Relations

Phone: (902) 424-5200

Toll-free: 1-800-670-4357

Website: www.gov.ns.ca/snsmr/consumer/debtor/

Nova Scotia Office of the Ombudsman

The office of the Ombudsman provides an independent, impartial, and unbiased investigation into complaints against provincial and municipal government departments, agencies, boards and commissions. Individuals are encouraged to contact this office after you have advised the government body of your concerns and have not been able to have the complaint resolved.

For more information, contact:

PO Box 2152

Halifax, NS B3J 3B7

Phone: (902) 424-6780

Toll-free: 1-800-670-1111

Residential Tenancies and Condominiums

Tenancy complaints between landlords and tenants are mediated by staff at Service Nova Scotia and Municipal Relations. Issues dealt with may involve the return of security deposits, unpaid rent, the condition of an apartment, discontinuance of services, or other problems. Call today for information.

Condominiums are also registered with the department. If you have a concern about the declaration, by-laws, and rules governing your condominium unit, contact the department for assistance.

For more information, contact:

Service Nova Scotia and Municipal Relations

Phone: (902) 424-5200

Toll-free: 1-800-670-4357

Website: www.gov.ns.ca/snsmr/consumer/resten

or

www.gov.ns.ca/snsmr/consumer/arbitration.asp

for further information related to rules governing your condominium.

Insurance

Overview

Hints for Consumers

Because of the importance of insurance in our lives, before you purchase it, it would be wise to consult with a qualified insurance agent or broker who is able to assess your needs and give you advice on how to meet those needs. Regardless of the type of insurance you are purchasing, it can pay to shop around. Obtain quotations from a number of insurance providers and compare both the coverage and the price.

Life Insurance

For many people, the major obstacle to purchasing life insurance is the existence of medical problems. In some cases, seniors have health conditions that would result in denial of application for life insurance. Some companies will issue policies with a moderate amount of life insurance to anyone, regardless of health conditions.

Did You Know?

Abuse can happen to any senior, regardless of health, finances, education or family situation.

Home Insurance

Seniors who own homes or condominiums or who live in rented premises should have their property insured.

Automobile Insurance

Contact the Seniors' Secretariat at 1-800-670-0065, for brochures about auto insurance.

Health Insurance

Health insurance plans cover some of the health benefits not provided by your provincial health care program, such as semi-private hospital rooms, ambulance benefits, and vision care. Dental insurance is also available.

Travel Health Insurance

Travellers would be wise to purchase travel health insurance if they are leaving Canada even for just a few hours. You may even consider purchasing it when you travel to another province, since some health services, such as ambulance fees, are not covered when you are there. Travel health insurance policies are available from a number of sources, including insurance agents or brokers and travel agents.

Insurance Providers

Refer to the yellow pages of your telephone directory for local information on insurance providers.

Office of the Superintendent of Insurance

This office enforces the *Insurance Act*. It licenses all insurers operating in the province and all insurance agents/brokers, agencies, and adjusters. The superintendent has the authority to take disciplinary actions if the Act

is not followed. The office responds to complaints, inquiries, or information about insurance matters, but does not settle insurance claims.

All publications produced by the office are available online by visiting www.gov.ns.ca/enla/insurance and clicking publications.

For more information, contact:

PO Box 2271

Halifax, NS B3J 3C8

Phone: (902) 424-6331

E-mail: fininst@gov.ns.ca

Consumer Advocate for Auto Insurance

The Consumer Advocate listens to the concerns of individuals and groups regarding automobile insurance. This public input is used to develop more consumer-friendly policies.

For more information, contact:

George Jordan, Consumer Advocate
Environment and Labour

Phone: (902) 424-2794

Toll-free: 1-800-898-7668

E-mail: jordangw@gov.ns.ca

Insurance Bureau of Canada (IBC)

IBC is the national trade association of insurance companies. Its members insure the homes, cars, and businesses of Canadians.

For more information, contact:

IBC Atlantic Regional Office

1969 Upper Water Street, Suite 1706

Halifax, NS B3J 3R7

Phone: (902) 429-2730 ext. 227

Toll-free: 1-800-565-7189

Website: www.ibc.ca

Canadian Life and Health Insurance Association

This association represents the interests of insurance companies whose members provide life and health insurance. Contact the Association's Consumer Assistance Centre for information and brochures. The Centre can also help you resolve concerns and complaints or help you locate the lost policies of a recently deceased family member.

For more information, contact:

Toll-free: 1-800-268-8099

E-mail: CAC@clhia.ca

Website: www.clhia.ca

Elder Abuse

Elder abuse is any action or inaction that threatens the health or well-being of a senior. This includes all types of abuse such as physical, sexual, emotional and financial abuse as well as neglect and self-neglect. Elder abuse can happen anywhere – at home, in the community or in care facilities. If you or someone you know has been abused there are people and organizations that can help, including the following:

Seniors' Secretariat: For information about programs and services relating to elder abuse or advice about who to contact for help, call the Secretariat toll-free at 1-800-670-0065. You may also request a copy of the policy paper; Nova Scotia Elder Abuse Strategy Towards Awareness and Prevention.

Police: Abuse is a crime and may fall under the Criminal Code. If you know of a senior who you suspect is being abused, it is your duty to report it. If the situation is an emergency or if it could be dangerous, call 911.

Adult Protection: If you know of a senior in need of protection for persons in care, call Adult Protection Services at the Department of Health at 1-800-225-7225. Adult protection workers can intervene and offer services to help those in need of protection to live safely. They can also answer questions about the *Adult Protection Act*. (See page 106 for more information.)

Help Lines

(See page 31 for more information.)

Criminal Injuries Counselling Program

If you have been the victim of a violent crime (including home invasion) in Nova Scotia, you may be eligible for paid professional counselling services to help you deal with the trauma resulting from the crime.

For more information, contact:
Criminal Injuries Counselling Program
Policing and Victim Services Division
Department of Justice
Phone: (902) 424-2056
Toll-free: 1-888-470-0773
E-mail: parkerlg@gov.ns.ca

Victim Services

See page 68 for information about this service that helps individuals victimized by crime.

Safety and Fraud Prevention

Protecting Yourself from Fraud

A big issue for many seniors is safety—both physical and financial. Many organizations are available to help keep you safe but your best

defense is your own common sense and knowledge about how to protect yourself.

Anyone can become a victim of fraud. Scam artists take advantage of thousands of Canadians each year, from all walks of life. They deliberately target seniors and use a variety of ways to reach them such as telemarketing, online offers, and door-to-door canvassing and sales. Consider following these tips to avoid being taken advantage of by a scammer:

- Never agree to send someone money so that you can win a prize.
- Be careful about paying for products you have not seen.
- Don't pay someone up front to recover money for you.
- Don't give in to pressure from a salesperson. If the deal is legitimate, they will wait.
- Ask for all offers in writing as well as a call back number, and references.
- Don't be afraid to ask questions and make sure your questions are answered. If you don't understand the offer, do not buy anything.
- Before investing money, get a second opinion from your spouse, a trusted friend, a lawyer or your financial advisor.
- Don't give personal information about credit cards or bank accounts unless you initiate the call.
- Take notes of every contact you have with a salesperson – include date and time.
- Always take the time to read the fine print.

These tips have been adapted from brochures printed by Prevention & Awareness of Crime & Theft (P.A.C.T.) and Canadian Securities Administrators (CSA).

For more information, visit the P.A.C.T. website at <http://www.pactns.ca> or the Nova Scotia Securities Commission website at <http://www.gov.ns.ca/nssc> or call the Nova Scotia Securities Commission at (902) 424-7768.

Seniors' Secretariat

The Seniors' Secretariat has many brochures and videos on seniors' safety. For more information call the Secretariat at 1-800-670-0065.

ABCs of FRAUD

(Scotiabank Fraud Awareness Program)

Consumer fraud, the #1 crime against seniors, can create serious health and financial problems. Public awareness is the most effective defense. In Nova Scotia, The ABCs of Fraud program is now managed by the Rotary Club of Halifax. This program is an educational and interactive mix of presentations, skits, exercises and discussions to help you recognize potential frauds and learn effective ways to protect yourself. If your organization would like to arrange a free presentation for your group, please contact the Seniors' Secretariat, which will forward your call to Rotary Club representative, William VanGorder.

For more information, contact:

Phone: (902) 424-0065

Toll Free: 1-800-670-0065

Partners Against Crime and Theft (PACT)

This program, sponsored by a partnership of government and non-government organizations, addresses the problem of fraud and other thefts.

PACT focuses on educating seniors about telefraud and thefts. It also suggests ways to report suspected fraudulent activities. Victims of telemarketing fraud in Nova Scotia lose more than \$4,000 per incident. Many of these victims are seniors.

If you think you have been approached by a telemarketing fraud firm or feel you may be a victim, call:

- **Your local police service**
- **Better Business Bureau of Nova Scotia**
Toll-free: 1-800-422-5413
- **PhoneBusters**
Toll-free: 1-888-495-8501

For a copy of PACT's information brochure, call the Seniors' Secretariat, at 1-800-670-0065 or visit www.gov.ns.ca/scs

RCMP Seniors' Safety Program

This program invites you to talk to an RCMP representative in your own home about your safety concerns. It is a way for seniors and the RCMP to work together to help prevent crime and keep communities safe.

The program provides information on personal safety and household security, consumer frauds and scams, health and medication safety, and general information about the legal system. The program is free of charge.

For more information, contact:

RCMP "H" Division

Sergeant Keith Brumwell,
Community Policing
PO Box 2286, 3139 Oxford Street
Halifax, NS B3J 3E1
Phone: (902) 426-7075
E-mail: keith.brumwell@rcmp-grc.ca

Annapolis County RCMP

Wendy Knowlton
Bridgetown, NS
Phone: (902) 665-4481
(902) 825-2000
(902) 638-8825

Antigonish RCMP

Kim Timmons
Phone: (902) 863-6500

Cole Harbour RCMP

Tamu Bracken
Phone: (902) 426-8703

Enfield RCMP

Dolly Mosher
Phone: (902) 883-1569

Fall River RCMP

Nancy MacDonald
Phone: (902) 860-4362 or 861-3011

Meteghan RCMP

Helene Comeau
Phone: (902) 645-2326

Pictou County RCMP

Barbara Dewtie
Stellarton, NS
Phone: (902) 396-3855

Queens County RCMP

Linda Wentzell
Milton, NS
Phone: (902) 354-3691

Windsor RCMP

Bonnie Cookson
Phone: (902) 798-8380

Highway Help Program

The Canadian Association of Chiefs of Police has created a program to ensure highway safety. Call Police signs hook onto car windows, making them visible to passing motorists. Their purpose is to alert other drivers that help is needed and to call the police. Once the police are notified, an officer will be dispatched to assist the stranded driver. This system prevents drivers from having to leave their vehicle, especially in unsafe weather conditions.

Call Police signs are available through Crime Stoppers by contacting:

For more information, contact:

Fred Hicks

Toll-free: 1-888-284-4458

E-mail: highwayhelp@sympatico.ca

Website: www.highwayhelp.org

Safely Home: Alzheimer Wandering Registry

The Alzheimer Society of Canada, in cooperation with the RCMP and local police, offers a program to ensure those with Alzheimer's who may wander away from home, are returned safely.

After completion of the program's registration form and payment of a \$25 registration fee, the participant will receive a bracelet, ID card, and a caregiver handbook.

For more information contact:

Alzheimer Society of Nova Scotia

Phone: (902) 422-7961

Toll-free: 1-800-616-8816

Telephone Contact Programs

Telephone contact programs are available in various Nova Scotia communities to ensure seniors who live alone have regular contact with others. If you would like to participate, contact the program nearest you.

Seniors Check-In Program

(Bridgewater)

Contact:

Constable Greg Smith or Sergeant John Warr
Bridgewater RCMP

Phone: (902) 527-5555

Northwood Telecare

(Halifax Regional Municipality)

This service offers a reassuring daily phone call to seniors or medically-at-risk people who live alone. If there is a problem, a family member or friend can be notified.

Phone: (902) 421-6387

Personal Emergency Response Systems

A personal emergency response system allows seniors immediate, 24-hour access to emergency help at the touch of a button. There are several emergency response systems to choose from and fees for the systems average \$1 a day.

For more information about the emergency response systems available in the marketplace, contact the organizations below:

Northwood In-Touch

(formerly Northwood Lifeline)

Phone: (902) 492-3346

Toll-free: 1-800-461-3346

Cape Support Systems Inc.

Phone: (902) 539-6962

Toll-free: 1-866-635-1591

Family 1st Medical

Phone: (902) 681-0202

Toll-free: 1-800-565-2021

Medic Aid Response Systems

Phone: (902) 454-8877

Toll-free: 1-800-565-9135

Become more physically active.

**The more you move,
the better you feel!**

Know Your Medications!

Talk to your doctor or pharmacist about the medications you are taking.

Emergency Medical Information

Vial of Life

The *Vial of Life* provides emergency medical personnel with vital and perhaps life-saving medical information about you if they are called to your home and find you unconscious or very ill.

The vial is a small plastic container. It contains a specially designed form on which you record medical information such as your name, medical history, allergies, medications, blood type, and a contact person. The vial is kept inside your fridge and a *Vial of Life* sticker is placed on the outside of your fridge to alert emergency personnel to your vial.

Thanks to the efforts of local sponsors, the *Vial of Life* kits are now available free of charge in many communities. To find out who to contact in your area, call the Seniors' Secretariat at 1-800-670-0065.

MedicAlert and Canadian MedicAlert Foundation

MedicAlert gives first-responders and health care professionals instant access to a member's personal and medical information in an emergency.

The medical identification service offers you the following items: a customized bracelet or necklet inscribed with your ID number; a 24-hour

emergency hotline available in over 100 languages, anywhere in the world; a computerized member record; and a wallet card. MedicAlert cannot be purchased in retail outlets. Enrollment forms can be found in doctor's offices, clinics, pharmacies and hospitals, or on the MedicAlert website. You can also call the national office and enroll by phone.

For more information, contact:

Canadian MedicAlert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, Ontario M2J 5B4
Toll-free: 1-800-668-1507
E-mail: medinfo@medicalert.ca
Website: www.medicalert.ca

Nova Scotia Emergency Management Office (EMO)

EMO is responsible for providing a prompt and coordinated response to emergencies. A number of pamphlets have been developed to prepare citizens for emergencies related to floods, winter power failures, severe storms, winter driving and preparing for the woods.

For more information, contact:

PO Box 2581
Halifax, NS B3J 3N5
Phone: (902) 424-5620
Toll-free: 1-866-424-5620
Website: www.gov.ns.ca/emo

Stay Connected!

Staying active in the community and connected with friends and family can help protect you from abuse. It decreases social isolation, a known risk factor of elder abuse.

Housing

Various government departments and the private sector are involved in the provision of housing and care for seniors. Information on

specific types of housing can be found elsewhere in *Programs for Seniors*. Just turn to the page numbers listed below.

Housing and Care Options for Seniors

Page No.	Type of Housing or Care Facility	Description
84	Houses, Condominiums, and Apartments	Personal dwellings that are available for purchase or rent in the private market.
84	Co-operative Housing	Housing units generally owned by a not-for-profit community group that has incorporated to provide housing for its members.
84	Public Non-Profit Seniors Self-Contained Apartments	Affordable apartment style rental units for low-income seniors and other individuals in need.
84	Congregate Housing/ Supportive Housing	Seniors apartment buildings with a live-in attendant who provides residents with some assistance or referrals.
84	Enriched Housing Projects	Apartment-style rental units for low-income seniors which are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc.
85	Assisted Living Facilities	Privately-owned facilities designed to meet the needs of independent seniors who require accommodation and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. These homes are not licensed to provide care.
87	Boarding Homes	Private homes providing accommodation, meals, and some support services to seniors. These homes are not licensed to provide care.
102	Community Based Options for Seniors	Homes approved by the Department of Health to provide accommodation and Level 1 care* for one to three seniors.
101	Residential Care Facilities	Licensed facilities providing accommodation and Level 1 care* to four or more persons.
101	Nursing Homes	Licensed facilities providing accommodation and primarily Level 2 care** for one or more persons.

* **Level 1 Care:** For those who need some supervision and limited help with personal care.

** **Level 2 Care:** For those who require help with personal care and professional nursing care.

Houses, Condominiums, and Apartments

A variety of housing options for seniors are available for purchase or rent in the private market.

Co-operative Housing

A co-operative housing complex is generally owned by a not-for-profit community group, which is incorporated to provide housing for its members.

For more information, contact:

Co-operative Housing Federation of Canada
Nova Scotia Office

1099 Marginal Road, Suite 101

Halifax, NS B3H 4P7

Phone: (902) 423-7119

Toll-free: 1-866-213-2667

E-mail: info@chfc.ca

Website: www.chfc.ca

Public Non-Profit Housing

Information about seniors self-contained apartments, congregate housing/supportive housing, and enriched housing is available from your local housing authority. See listing on this page.

Seniors' Self-Contained Apartments

These apartment style rental units, located throughout Nova Scotia, have affordable rental rates for seniors and individuals in need. Some apartments are designed for those with physical disabilities. Rent is based on an established graduated income rental scale. For a list of these apartment buildings call your local housing authority listed below.

Congregate Housing/Supportive Housing

These seniors' apartment buildings, Mountain View Manor in Yarmouth and H.A. Johnson Manor in Truro, have a live-in attendant who provides residents with some assistance or referrals. For more information on these two projects, call the responsible housing authority.

Enriched Housing

These apartment style, affordable rental units are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc. For a list of these complexes, call your local housing authority listed below.

Housing Authorities

Annapolis Valley Housing Authority

1005 Kentucky Court

New Minas, NS B4N 4N1

Phone: (902) 681-3179

Toll-free: 1-800-441-0447

VICTORIA HALL

*A gracious residence for
senior women since 1860.*

Active, independent living in a home-like setting. Three floors of single rooms are furnished by residents and are accessible by elevator. Room, meals, staff supports, laundry, and activities at an affordable rate.

Long and short term guests are welcome.

For tours and further details please call:

422-3969

Cape Breton Island Housing Authority

18 Dolbin Street

PO Box 1372

Sydney, NS B1P 6K3

Phone: (902) 539-8520

Toll-free: 1-800-565-3135

Cobequid Housing Authority (Amherst)

144 Victoria Street East

PO Box 753

Amherst, NS B4H 4B9

Phone: (902) 667-8757

Toll-free: 1-800-934-2445

Truro

9 Church Street

Truro, NS B2N 3Z5

Phone: (902) 893-7235

Toll-free: 1-877-846-0440

Eastern Mainland Housing Authority

176 Archimedes Street

PO Box 116

New Glasgow, NS B2H 5E1

Phone: (902) 752-1225

Metropolitan Housing Authority

2131 Gottingen Street, 5th Floor

Halifax, NS B3K 5Z7

Phone: (902) 420-6000

Toll-free: 1-800-565-8859

South Shore Housing Authority

821 King Street, Suite 4

Bridgewater, NS B4V 1B7

Phone: (902) 543-8200

Toll-free: 1-888-845-7208

Tri County Housing Authority

368 Main Street, Suite 206

Yarmouth, NS B5A 1E9

Phone: (902) 742-4369

Toll-free: 1-800-306-3331

Housing Authority Boards

Each of the seven housing authorities has a Board that includes a tenant representative. These Boards are responsible for tenant and applicant related issues and complaints. Normally tenants and applicants will attempt to sort out their concerns with housing authority staff. However, if either party is dissatisfied with the staff decision they may appeal the decision to the Board. All requests for an appeal can be addressed to the chairperson of the respective housing authority listed above.

Assisted Living Facilities

These privately owned facilities are designed to meet the needs of independent seniors who require accommodations and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. The homes are not licensed to provide care. Accommodation and service fees vary.

Metro Region**Arborstone Enhanced Care**

126 Purcell's Cove Road

Halifax, NS B3P 1B5

Phone: (902) 477-8051

E-mail: aecreception@shannex.com

The Berkeley

Halifax

Green Street

Phone: (902) 429-2222

Dartmouth

Eisner Boulevard

Phone: (902) 434-9415

Bedford

Convoy Run

Phone: (902) 835-6222

Country Living Estates Seniors' Residence Ltd.

2540 A&B Prospect Road

Halifax, NS B3T 1V3

Phone: (902) 852-2673

E-mail: cle@hfx.eastlink.ca

Kingswood Residence

15 Brenda Drive

Halifax, NS B4B 1J9

Phone: (902) 835-4998

E-mail: kganski@eastlink.ca

Contact: Kris and Mariola Ganski

Maplestone Enhanced Care

245 Main Avenue

Halifax, NS B3M 1B7

Phone: (902) 443-1971

E-mail: mcreception@shannex.com

Melville Heights

24 Ramsgate Lane

Halifax, NS B3P 2R6

Phone: (902) 477-3313

Northwood

Northwood Apartments offer

- independent living apartments
- Northwood Assisted Living
- Northwood Enriched Living
- Special Needs of Deaf Seniors

Introducing Northwood's New And Improved Local Personal Emergency Response System.

Northwood has been providing personal emergency response service to our community for close to 20 years.

Northwood is committed to providing peace of mind and helping people live independently at home.

Northwood's Improved Personal Emergency Response System Provides:

- ease of use/peace of mind
- instant response by caring local professionals
- battery backup in case of power failure
- medication reminders
- ability to answer phone hands-free with one touch of the button
- 24 hours a day, 365 days a year

Call us for more information:

492-3346 or toll-free

at 1-800-461-3346



For more information, contact:

Northwood Resident Services

Phone: (902) 454-3356

Parkland Estates Halifax

*Aberdeen Hall, Bradford Hall,
Cameron Hall*

3 Fairfax Drive

Halifax, NS B3S 1J3

Phone: (902) 457-0234

E-mail: smartell@shannex.com

Parkstone Enhanced Care and DePaul Hall

156 Parkland Drive

Halifax, NS B3S 1N9

Phone: (902) 446-7275

E-mail: pecreception@shannex.com

Victoria Hall

2438 Gottingen Street

Halifax, NS B3K 3B9

Phone: (902) 422-3969

Website: www.victoriahall.ca

Cape Breton Region

Harbourstone Enhanced Care

84 Kenwood Drive

Sydney, NS B1S 3V7

Phone: (902) 539-4560

E-mail: jgriffen@shannex.com

Williston House

65 Churchill Drive

Sydney, NS B1S 3N6

Phone: (902) 539-5267

E-mail: dmacneil@coveguesthome.com

Website: www.coveguesthome.com

North Shore Region

Cedarstone Enhanced Care/Parkland Estates

378 Young Street

Truro, NS B2N 7H2

Phone: (902) 895-2891

E-mail: thefferan@shannex.com

South Shore Region

Shoreham Village

Chester, NS B0J 1J0

Phone: (902) 275-5631

Valley Region

Gladys M. Manning Retirement Community

38 Manning Drive, RR1

Windsor, NS B0N 2T0

Phone: (902) 798-0441

Email: spencerhome@health.nb.ca

Kingsway Gardens Retirement Residence

Phone: (902) 798-5075

Toll-free: 1-877-898-2122

E-mail: kingsway.gardens@ns.sympatico.ca

Website: www.kingswaygardens.ns.ca

Orchard View Apartments

c/o Grand View Manor

110-A Commercial Street

Berwick, NS B0P 1E0

Phone: (902) 538-3118

Boarding Homes

These private homes provide accommodation, meals, and support services to seniors. They are not licensed to provide care and are unregulated. Before deciding if one of these facilities is right for you, consider visiting the home to view the accommodations. Find out about the services it offers and its fees.

You may apply to boarding homes directly and pay the accommodation and service fees yourself. Should your resources not be sufficient to support these fees, you may call the Continuing Care toll-free line at 1-800-225-7225, for consultation about placement in a facility that participates in the Department of Health's single entry access system for continuing care.

Housing Services, Department of Community Services

Housing Services is responsible for provincial housing initiatives including program delivery, social housing operation, and residential land development. Services are provided through four regional offices and seven housing authorities. Contact information for the Regional and District Housing Offices can be found below. Housing Authorities are listed on page 84.

For more information, contact:

Housing Services Head Office

PO Box 696

Halifax, NS B3J 2T7

Phone: (902) 424-6830

Website: www.gov.ns.ca/coms/housing

Regional/District Housing Offices

Amherst District Office

144 East Victoria Street

PO Box 486

Amherst, NS B4H 4A1

Phone: (902) 667-1161

Toll-free: 1-800-933-2101

Bridgewater District Office

821 King Street, Suite 4

Bridgewater, NS B4V 1B7

Phone: (902) 543-7336

Toll-free: 1-800-278-2144

Cape Breton Regional Office

Provincial Building

360 Prince Street, Suite 22

PO Box 1267

Sydney, NS B1P 5L1

Phone: (902) 563-2120

Toll-free: 1-800-567-2135

Central Regional Office

176 Archimedes Street

PO Box 481

New Glasgow, NS B2H 5E5

Phone: (902) 755-5065

Toll-free: 1-800-933-2101

Metro Regional Office

PO Box 2462

2131 Gottingen Street, 5th Floor

Halifax, NS B3J 3E4

Phone: (902) 424-5110

Toll-free: 1-800-774-5130

Truro District Office

9 Church Street

Truro, NS B2N 3Z5

Phone: (902) 893-5999

Toll-free: 1-866-525-5454

Western Regional Office

101 Maggee Drive

PO Box 1000

Middleton, NS B0S 1P0

Phone: (902) 825-3481

Toll-free: 1-800-564-3483

Home Improvement Grants and Loans

The following home improvement grants and loans programs are offered through the Department of Community Services, Housing Services. The programs are intended to help low-income seniors and families maintain their homes:

- Access-A-Home Program
- Emergency Repair Program
- Family Modest Housing Program
- Home Adaptations for Seniors' Independence
- Parent Apartment Program

- Provincial Housing Emergency Repair Program
- Residential Rehabilitation Assistance Programs
- Senior Citizens' Assistance Program
- Small Loans Assistance Program
- Home Preservation Program (Affordable Housing Program)

For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you as listed on page 88.

Grants for Home Repairs (do not have to be repaid)

Provincial Housing Emergency Repair Program (PHERP)

Provides grants of up to \$5,000 to lower-income households to carry out emergency and health and safety-related repairs to their homes. The income limit on eligibility varies depending on location and household size.

Senior Citizens' Assistance Program (SCAP)

Provides grants of up to \$5,000 to seniors who are at least 65 years of age, to carry out emergency and health and safety-related repairs to their homes. The amount of the grant available depends on the household income level. The income limit for eligibility varies depending on location and household size.

Access-A-Home Program

Provides grants of up to \$3,000 to help homeowners renovate their homes to make them wheelchair accessible. The amount of

the grant available depends on the applicant's income level. The annual income limit for eligibility is \$30,000.

Emergency Repair Program (ERP)

Assists eligible homeowners in rural areas to carry out urgent repairs to deal with health and safety hazards. Examples include repairs to unsafe wiring and heating systems and installing new wells and septic systems. The maximum grant available is \$6,000. The income limit for eligibility varies, depending on location and household size.

Provincial Loan and Mortgage Programs

Family Modest Housing Program

Provides mortgage funds of up to \$70,000 for Nova Scotians to build or buy a modest house. Annual income must be less than \$50,000.

Parent Apartment Program (PAP)

Provides homeowners with loans of up to \$25,000 for the creation of affordable accommodation for family members who are at least 50 years of age. Parent apartments may be located either within or attached to existing single-family houses. The annual income of the parent(s) must be less than \$20,000.

Small Loans Assistance Program (SLAP)

Provides homeowners with loans of up to \$20,000 for home renovations, additions, or repairs. Annual income must be less than \$35,000.

Money Matters

Keeping track of all your property, banks accounts, and belongings can help prevent financial abuse.

Help for Major Repairs and Adaptations

Residential Rehabilitation Assistance Program (Homeowner RRAP)

Provides a forgivable loan of up to \$16,000 to qualifying homeowners who own and occupy sub-standard housing, to make repairs so that the home will meet minimum health and safety standards. The amount of assistance available depends on the cost of modifications. The income limit for eligibility varies depending on location and household size.

Disabled Residential Rehabilitation Assistance Program (Disabled RRAP)

Provides a forgivable loan of up to \$16,000 to qualifying homeowners to carry out work needed to modify homes occupied by someone with a disability. The amount of assistance available depends on the cost of the modifications, household income, and household size. The income limit for eligibility varies, depending on location and household size.

Home Adaptations for Seniors' Independence (HASI)

Provides financial assistance of up to \$3,500 to qualifying homeowners and tenants who have their landlord's consent, to carry out home adaptations needed to extend the time that lower-income seniors, who are at least 65 years old, can live in their home independently. The income limit for eligibility varies, depending on location and household size.

For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you as listed on page 88.

Home Maintenance

Energy Use in the Home

The Nova Scotia Department of Energy provides a toll-free telephone line for Nova Scotians who have questions about energy use in the home, including insulation, windows, heating systems, condensation, and energy conservation.

For more information, contact:

Toll-free: 1-800-670-4636

Website: www.gov.ns.ca/energy

Home Safe Living Inc.

Home Safe Living Inc. is a Nova Scotia company that helps seniors and persons with physical disabilities make their homes safe and accessible by providing solutions that allow them to live more independently in their own homes.

For more information, contact:

Home Safe Living Inc.

300 Prince Albert Road, Suite 100

Dartmouth, NS B2Y 4J2

Phone: (902) 404-7233

E-mail: info@homesafeliving.com

Website: www.homesafeliving.com

Nova Scotia Home Builders Association (NSHBA)

A helpful information package on home renovations, including a list of members who are professional, reputable renovators, is available from NSHBA, a non-profit organization of independent homebuilders, renovators, and corporate members. The association works to improve the housing industry.

This fall, get your flu shot!

For more information, contact:

15A Oland Crescent (Bayers Lake Business Park)
Halifax, NS B3S 1C6
Phone: (902) 450-5554
Toll-free: 1-800-668-2001
E-mail: nshba@nshba.ns.ca
Website: www.nshba.ns.ca

Provincial Health Services

Nova Scotia's Health Care System

The Nova Scotia government is committed to ensuring that everyone in Nova Scotia has access to a quality health care system that is integrated, community-based, and sustainable.

Nova Scotia's health system is comprised of the Department of Health, Nova Scotia Health Promotion, nine District Health Authorities (DHAs), 37 Community Health Boards (CHBs), and the IWK Health Care Centre. Each organization has an important role to play in planning for and delivering health care services to Nova Scotians.

Nova Scotia Health Promotion

Nova Scotia Health Promotion is working to improve the long-term health and physical well-being of Nova Scotians by reducing health disparities and providing opportunities to live a healthy lifestyle. The office is responsible for sport and recreation, tobacco control, addiction services, preventative health, injury prevention, and healthy eating.

For more information, contact:

Louann Scallion-Morine
PO Box 487
Halifax, NS B3J 2R7
Phone: (902) 424-4807
E-mail: morinelm@gov.ns.ca

Nova Scotia Department of Health

The Department of Health has many responsibilities related to the overall functioning of the health care system, including health planning and evaluation. It is also responsible for the province-wide management and delivery of Insured Services, Emergency Health Services, and Continuing Care Services.

For general information, contact:

Department of Health
Joseph Howe Building, 1690 Hollis Street
PO Box 488
Halifax, NS B3J 2R8
Phone: (902) 424-5818
Toll-free: 1-800-387-6665

District Health Authorities and Community Health Boards

District Health Authorities (DHAs)

Within Nova Scotia, nine district health authorities and the IWK Health Centre govern and manage the delivery of hospital and community-based health services. Each DHA is governed by a volunteer board of directors which oversees the delivery of health services in its

community. The Nova Scotia Department of Health provides operational funding to the district health authorities. DHAs work with Community Health Boards, foundations, auxiliaries, volunteers and other partners in health to meet the health needs of communities.

Community Health Boards (CHBs)

Within Nova Scotia, Community Health Boards work to assess local health needs and develop community health plans, which identify ways to improve the overall health of the community. Community Health Boards are made up of volunteers who work with residents of the health districts to build a health system that meets the needs of local communities. Community Health Boards develop health plans for local needs, help support local health initiatives, engage in public consultation, and nominate individuals for membership on the Board of Directors of District Health Authorities.

For more information, contact:

South Shore Health

Serving Lunenburg and Queens Counties
90 Glen Allan Drive
Bridgewater, NS B4V 3S6
Phone: (902) 527-5202
E-mail: info@ssdha.nshealth.ca
Website: www.ssdha.nshealth.ca

South West Health

Serving Shelburne, Yarmouth, and Digby Counties
Yarmouth Regional Hospital
c/o 60 Vancouver Street
Yarmouth, NS B5A 2P5
Phone: (902) 742-0517
E-mail: bjohnson@swndha.nshealth.ca
Website: www.swndha.nshealth.ca

Annapolis Valley Health

Serving Annapolis and Kings Counties
PO Box 490, 121 Orchard Street
Berwick, NS B0P 1E0
Phone: (902) 538-3431
Website: www.avdha.nshealth.ca

Colchester East Hants Health Authority

Serving Colchester County and most of the Municipality of East Hants
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
Phone: (902) 893-5554 ext.2119

Cumberland Health Authority

Serving Cumberland County
34 Prince Arthur Street
Amherst, NS B4H 1V6
Phone: (902) 661-1090

Pictou County Health Authority

Serving Pictou County
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6
Phone: (902) 752-8311
(902) 752-7600

Website: www.pcha.nshealth.ca

Guysborough Antigonish Strait Health Authority

Serving Antigonish, Guysborough, Richmond Counties and the southern portion of Inverness County
St. Martha's Regional Hospital
25 Bay Street
Antigonish, NS B2G 2G5
Phone: (902) 867-4273

"Respect is better than food and water."

*(Lebanon Elder, Missing Voices,
WHO/INPEA 2002)*

Cape Breton District Health Authority

Serving Cape Breton, Victoria, and
Inverness Counties

235 Townsend Street
NSPC Building 2nd floor
Sydney, NS B1P 5E7
Phone: (902) 563-2711

Capital Health

Serving Halifax Regional Municipality, West
Hants, and Mount Uniacke

Suite 2142, 1796 Summer Street
Halifax, NS B3H 3A7
Phone: (902) 473-2058

IWK Health Centre

PO Box 9700
5850/5980 University Avenue
Halifax, NS B3K 6R8
Phone: (902) 470-8888

Nova Scotia Health Insurance/MSI

Nova Scotia's health insurance plans, generally referred to as Medical Services Insurance (MSI), provide eligible residents with coverage for medically required hospital, medical, dental, and optometry services, with some restrictions.

The pamphlet, *Insured Health Services in Nova Scotia*, provides detailed information about eligibility, registration, and the plans themselves. Copies are available from the MSI office.

For more information, contact:

Medical Services Insurance (MSI)
7 Spectacle Lake Drive
Dartmouth, NS B3B 2S1
Phone: (902) 496-7008
Toll-free: 1-800-563-8880
E-mail: MSIEnquiry@medavie.bluecross.ca

Eligibility

To be eligible for insured health services under the health insurance plans you must be:

- a Canadian citizen or be legally entitled to remain in Canada
- a permanent resident of Nova Scotia
- ordinarily present in Nova Scotia for at least 183 days in any calendar year.

Some people are not eligible for insurance coverage in Nova Scotia, as they are covered by other health plans. These include: regular members of the RCMP and the Canadian Forces, tourists and visitors to the province, students from other provinces, and inmates of federal penitentiaries.

Persons moving to Nova Scotia from elsewhere in Canada will become eligible for insured health services programs on the first day of the third month following the month in which they become a resident of Nova Scotia.

During this waiting period, they will continue to receive coverage from their former province of residence. It is their responsibility to contact that province to ensure their coverage is continued.

Persons from outside Canada establishing permanent residence in Nova Scotia may apply for coverage. Please contact the MSI office for details.

Registration

You can register through the MSI office by phone or in person.

Nova Scotia Health Cards

When your application has been processed, each member of your family will receive a Nova Scotia Health Card, which must be presented whenever you require insured services. Please carry your signed health card with you at all times.

Renewal

Nova Scotia Health Cards are issued for a four-year period. Renewal notices will be mailed three months prior to the expiry date. There is no charge to renew your card. If you use an expired health card, you may be asked to pay for services.

Lost or Stolen Cards

There is a \$10 charge to replace a lost or stolen card. Visit or contact the MSI office at the address and phone number listed above.

Change of Address

It is in your best interest to ensure MSI has your most up-to-date contact information and mailing address. When you have a new address, you should contact MSI.

Ambulance Services

You are highly advised to call Emergency Health Services (EHS) ambulance for medical emergencies. Dial 911 for help. Highly trained paramedics can provide immediate assistance to minimize further injury, especially in cases of suspected stroke or heart attack. Payment plans are available so don't let the cost of an ambulance prevent you from calling 911. It can make the difference between life and death. If your ambulance bill is related to a motor vehicle accident or work-related injury and you have Stipulated Third Party Insurance, you must submit your bill to your insurer for payment.

Users of ambulance services pay a portion of the cost of providing the service.

Tip: Since ambulance fees are not an insured service, anyone who travels outside of Nova Scotia are strongly advised to purchase travel insurance to cover ambulance fees incurred in other provinces.

Ambulance Fees

Payment plans are available to all patients transported by ambulance.

The following fees are subject to change without notice:

No Fee: There is no fee for medically essential transportation between approved health care facilities providing you are a resident of Nova Scotia with a valid MSI card. The same pertains to the transportation of Acute Home Care patients.

\$120: Applies to an individual who is transported from an incident location to an approved facility, providing they have a valid MSI card. The same fee will apply to an individual who is transported from an approved facility to their place of residence, with a physician's approval.

Note: *The fees listed above pertain to patients who do not have stipulated third-party insurance coverage. The fees below apply only to patients with that insurance coverage.*

\$150: Applies to a mobility challenged patient whose transport either begins or ends at their place of residence and is to a physician's office, dentist's office, physiotherapist's facility, or respite care facility. Written approval from a physician is required to obtain the mobility challenged rate.

\$600: Applies to an individual who is transported from a motor vehicle collision to an approved facility. The same fee will apply if an individual has a work related injury and Workers' Compensation coverage.

\$600: Applies to all non-interfacility transports for Non-Nova Scotians, Canadian citizens

\$900: Applies to all transports for Non-Canadian citizens.

Payment Process

An invoice will be sent to you in the mail advising you of the fee and where to send your payment.

Special Arrangements: If you cannot afford to pay the invoice all at once, contact the billing office to set up payment arrangements. This will make it possible for you to pay the invoice over time, interest free, until such time as the invoice is paid in full. As long as there is an amount owing, an invoice will be sent to you each month.

Appeal Process: If you feel you have been billed incorrectly or have an issue with the service you received, you should discuss the matter with your local billing office. If the matter cannot be resolved by the billing administrator, you can make a formal appeal. Appeals packages can be obtained through the billing department at the numbers listed below.

For more information, contact:

EHS NS Billing Administration

Phone: (902) 832-8337

Toll-free: 1-888-280-8884

or

Paul Maynard, Supervisor

Phone: (902) 832-5500

E-mail: pmaynard@emci.ca

Website: www.gov.ns.ca/health/

Seniors' Pharmacare

Seniors who receive the Guaranteed Income Supplement are not required to pay the Pharmacare Premium. They are, however, required to pay the per prescription Co-Pay.
Call 1-800-544-6191 for more information.

Seniors' Pharmacare Program

Pharmacare is a provincial drug insurance plan that helps seniors with the cost of their prescription drugs. More detailed information is available on the Department of Health website at www.gov.ns.ca/health/pharmacare.

To request a print copy of the website information, contact the Seniors' Secretariat at 1-800-670-0065.

To apply for Pharmacare, contact:

Seniors Pharmacare Program

PO Box 9322, Station A

Halifax, NS B3K 6A1

Phone: (902) 429-6565

Toll-free: 1-800-544-6191

Website: www.gov.ns.ca/health/pharmacare/

Eligibility

You are eligible to join Pharmacare if:

- You are a Nova Scotia resident.
- You have a valid Nova Scotia Health Card
- You are at least 65 years old; and you do NOT have drug coverage through Veterans Affairs Canada, First Nations and Inuit Health, or a private drug plan.

Note: *Members of the Public Service Health Care Plan who receive the Guaranteed Income Supplement (GIS) are eligible for Pharmacare.*

New Residents

Seniors who move to Nova Scotia must apply for and receive a Nova Scotia Health Card before applying for Pharmacare.

Benefits

The Nova Scotia Formulary details which drugs and supplies are benefits under the Pharmacare program. The Formulary is managed by a committee of experts who decide which drugs should and should not be covered by Pharmacare based on clinical evidence. The experts include family doctors, geriatricians, pharmacists, and drug information specialists. The formulary is available on the Department of Health website at: www.gov.ns.ca/health/pharmacare.

Coverage

Medications and supplies covered by Pharmacare include:

- Prescribed medicines that are listed as benefits in the Nova Scotia Formulary
- Some prescribed ostomy supplies
- Prescribed diabetic supplies (including testing materials), needles, and syringes

Note: Medications and supplies must be prescribed by a doctor, dentist, recognized nurse practitioner, or authorized optometrist. The prescription must be filled in a Nova Scotia Pharmacy to be covered.

Generic Drugs

Generic drugs are dispensed under Pharmacare. Generic drugs are the same as the name-brand drugs but cost less.

Note: If you choose a more expensive brand-name drug when a generic brand is available, you will have to pay the difference in price between the two. If you tried the generic brand and had a reaction to it, and your doctor reports this reaction to Pharmacare, the program may pay for the brand-name drug.

Application Process

You are eligible for Pharmacare on the first day of the month in which you turn 65. An information package will be sent to you two to three months before you turn 65. Once Pharmacare has received any required payments, prescriptions can be billed to the program. To join the program, you must complete an application form and send any payment required to Pharmacare.

Note: When filling a prescription, make sure you notify the pharmacy of your Pharmacare coverage.

Pharmacare Card

Your Nova Scotia Health Card is also your Pharmacare card. Your card must be shown to the pharmacist to get your Pharmacare benefits.

Annual Renewal

An information package and a form to complete and return to Pharmacare will be sent to you in February or March, provided you were covered by Pharmacare the year before.

Pharmacare Fees

Most seniors who join Pharmacare pay an annual "premium" (membership fee) for coverage under the program. They also pay a "co-payment" fee, which is a portion of the prescription cost for each prescription filled. Pharmacare fees are reviewed annually and are subject to change.

Co-payment

Each time you receive a prescription, you must pay 33 percent of the total prescription cost for each prescription filled (a minimum co-payment is \$3 and the maximum is \$30 per prescription). You will not be required to pay more than \$350 a year in co-payments. Co-

payments are paid to your pharmacist when you pick up your prescription. When you have reached your maximum annual co-payment limit of \$350, your pharmacist will notify you. Co-payment totals are calculated from April 1 to March 31 each fiscal year.

Premium

Depending on your family income, you may be required to pay the full premium, a reduced premium, or no premium at all.

Full Premium: \$390 per year.

Reduced Premium: If you are a low-income senior who does not get the GIS, you may qualify for a reduced premium if:

- you are single, and your income is less than \$24,000 a year, or
- you are married and your income plus your spouse's income add up to less than \$28,000 a year.

Premium Exemption: If you receive the federal government's Guaranteed Income Supplement (GIS), you are not required to pay the premium unless you have an outstanding balance from the previous year. To find out if you qualify for GIS, call 1-800-277-9914.

Premium Cost for People Who Apply Late:

If you do not apply for Pharmacare coverage within three months of your eligibility date, or decide to leave Pharmacare and join again later, you have to wait 90 days for your coverage to start and pay one and a half times the premium for your coverage for five years.

Payment of Premium: The options for paying your premium are: all at once, quarterly, or monthly via cheque, money order, Visa, MasterCard, or automatic withdrawal. You will get a receipt when you have paid your premium in full. Call the Pharmacare toll-free line at 1-800-544-6191 for details.

Refunds: A refund can be requested if a senior moves out-of-province or passes away. The refund will be for the number of months left in the year for which the premium was paid.

Travel Arrangements

If you plan to be out of the province for more than 90 days and you need medicine for that time, you can obtain up to a 180 days supply. Please contact your pharmacist or doctor to ensure you have a sufficient amount of medication prior to traveling out-of-province.

***Note:** Pharmacare does not pay for prescriptions that you get outside of Nova Scotia. So, if you plan to leave the province, you should arrange for extra health care insurance coverage before you leave.*

Income Tax Deductions

Your premiums and co-payments are eligible to be included in the calculation of your income tax deduction for medical expenses. Review the Canada Revenue Agency's Income Tax Return & Benefit Guide for more information or contact the Agency for details (see page 67).

Change of Address

If you are moving, contact Pharmacare by mail or phone and advise them your new address. See contact information on page 95.

Medication Use

A booklet, ***Knowledge is the Best Medicine***, is available from the Seniors' Secretariat. It contains useful information about the medicines you take. Call 1-800-670-0065.

**Become more physically active.
The more you move, the
better you feel!**

Private Health Insurance

Private insurance carriers offer coverage for health services not covered by the provincial health insurance programs. These include such items as preferred hospital accommodation, prescription drugs, extended health services, and long-term care insurance.

Insurance Providers: The yellow pages of your local telephone directory will list local health insurance providers under the heading of "Insurance, Life and Health."

Continuing Care Services

Continuing care is an integral part of Nova Scotia's integrated health system. It serves people who need ongoing care, either on a long-term or a short-term basis. Services include:

- Home Care
- Long-Term Care (such as a nursing home or a residential care facility)
- Protection for Vulnerable Adults

For specific information on continuing care services, or to talk to a qualified staff person about your needs for care and the services that would best meet them, call the Continuing Care toll-free line from anywhere in Nova Scotia.

Home is still the *best* place to be.

Companionship is as important as health care when it enables seniors to remain independent and in their homes. Our CAREGivers provide help at home that includes:

- | | |
|---------------------|-----------------------|
| •Companionship | •Meal Preparation |
| •Light Housekeeping | •Medication Reminders |
| •Errands | •Shopping |

**Home
Instead**
SENIOR CARE

Call for a Free, No-Obligation Appointment

902-429-2273

1324701

Hours (Seven days a week): 8:30 am – 4:30 pm.

For more information, contact:

Toll-free: 1-800-225-7225

Home Care

Home Care provides community based health care services and assistance with the daily activities of living to Nova Scotians of all ages who require support to stay in their homes for as long as it is safely possible. Home Care services are provided to individuals who meet program eligibility criteria and are based on a comprehensive assessment of the person's needs. The services are meant to add to the help people can receive from others, such as family members, the community, or friends. Home Care is always the first option considered for care in the community and Home Care works together with other parts of the health care system.

Home Care services can support and prolong independent community living, prevent or delay admission to either a long term care facility or hospital, and promote earlier discharges of patients from hospital, when appropriate. Home Care also helps clients link to professional services and other community-based resources such as Meals on Wheels or foot care clinics. The

P H C
POWERS
HOME CARE

<http://powers.phg.ns.ca>
E-mail: powers@phg.ns.ca

Phone:

832-9158

Nursing Care/Home Support
Housekeeping/Live-In Support

24hr/day 7 days/week

Blood/Urine Collection
Massage & Physio Therapy
Glucose/Cholesterol Screening
EKG's

A Service provider for:
Blue Cross, DVA & WCB

following direct services available through Home Care are delivered by a network of health care professionals and home support workers. All service providers meet standards for training and competency set by Continuing Care and by their respective professional associations and governing bodies.

Supportive Care

A range of personal care and home support services are available. Personal care services help the client with daily living tasks such as dressing/undressing, bathing, toilet use, feeding, and/or help with mobilization. Home support services help the client with tasks such as light housekeeping, laundry, and/or meal preparation. In-home respite services for caregivers are also available.

Nursing Services

Home care nurses provide a variety of nursing services in clients' homes. Nursing services through home care include nursing assessment, health teaching, health monitoring and treatment. Direct nursing care in the home can include activities such as intravenous therapy, dressing changes, catheter care, post-operative care following hip or knee replacement surgery, and/or assistance with medication management.

Home Oxygen

Home oxygen services provide oxygen concentrators and related supplies in the home, to individuals who require long-term oxygen therapy and who meet program and medical eligibility requirements.

Assessment Process

If you require an assessment for Home Care, a care coordinator employed by the Continuing Care branch of the Department of Health will call you and arrange for a time to meet with you to complete the assessment. Urgent assessments take priority and are addressed first.

Ongoing Case Management

The care coordinator provides ongoing monitoring and adjustment of the services, as your needs change. The care coordinator can also help you to connect with programs in the community, such as meal programs or foot care clinics. If your needs exceed what Home Care can provide, your care coordinator will provide you with information that may include an application for long term care placement. Home care services may be provided up to the approximate equivalent of the public cost of a long-term care placement. If you require long-term care, they may assist you with the process for placement in a home that will best meet your needs.

Client Fees

Depending on income and family size, there may be a minimal charge to Home Care clients for the supportive care and/or home oxygen services they receive. There are no charges for home care nursing services or for the supplies used during a nursing visit. The fees charged to the client are not intended to recover the full costs of providing the service.

Care Choices *Straight from the Heart*

PERSONALIZED HOME CARE SERVICE

Nursing Care	Palliative/Respite Care
RN Supervision	Companionship
Medication Reminders	Meal Preparation
Light Housekeeping	Shopping, Errands

Staff Criminal Checked and Bonded
Serving Lunenburg County • 902-527-1622

1324667

The care coordinator will determine applicable client fees during the assessment. The amount you pay is determined by your income and family size. A sliding fee scale is used and fees for each income category are outlined in a table that is available upon request. There is a monthly maximum amount that any client can be charged, depending on the client income category they fall into. Here are a few examples of the home care fees charged, based on different annual incomes and family sizes:

Annual Family Income

\$0 to \$18,785

Regardless of family size, there is no charge for supportive care services and no monthly oxygen fee.

\$18,786 to \$35,570

If you are single, there is a \$10 per hour fee for supportive care services, \$60 monthly fee for oxygen and a maximum fee amount of \$100 per month for all home care services received. If there are two people in the family there is no charge for supportive care services and no monthly oxygen fee.

\$35,571 to \$43,823

If you are single, there is a \$10 per hour fee for supportive care services, \$120 monthly fee for oxygen, and a maximum fee amount of \$200

per month for all home care services received. If there are two people in the family, the hourly rate for supportive services is \$10, the monthly oxygen fee is \$60, and the maximum fee amount is \$100 per month for all home care services.

\$43,824-\$50,075

If you are single, there is a \$10 per hour fee for supportive care services, \$180 monthly fee for oxygen, and a maximum fee amount of \$300 per month for all home care services received. If there are two people in the family, the hourly rate for supportive care services is \$10 per hour, the monthly oxygen fee is \$120, and the maximum fee amount is \$200 per month for all home care services.

If your annual income exceeds \$50,075, you are not eligible for public home care.

Cancelled Visit Fee:

For home care clients who will not be available for a scheduled home support visit and who do not provide 24-hour notice of cancellation, there will be a fee of up to \$50 charged for each missed visit. The fee may be waived under special circumstances.

For more information, contact:

Continuing Care

Phone: 1-800-225-7225

Did You Know?

Physical activity is one of the most important things you can do to maintain your physical and mental health as you get older.



The help you need to stay at home.

- access to home care support
- home management
- review of residence options
- financial management

...leave the details to us

Phone: 902 **446-3636**

Email: eldercareatl@hfx.eastlink.ca

132-0087

Long-Term Care

If your care needs exceed what Home Care can provide, Continuing Care Services staff can help with your admission to a licensed long-term care home for seniors, depending on the type of care you need. Call the Continuing Care toll-free line at 1-800-225-7225 for a listing of the homes in your area.

Levels of Care

Seniors who require long-term care usually fall into one of two categories:

- **Level 1 Care:** for those who need supervision and limited help with personal care.
- **Level 2 Care:** for those who require help with personal care and professional nursing care.

The differences between the individuals classified as needing Level 1 or 2 care relates to their physical and mental ability to exit from a building unassisted in an emergency.

Individuals requiring Level 1 care would be expected to have that ability, whereas those requiring Level 2 care would need assistance in an emergency.

Other Types of Homes

For information on other types of seniors housing, refer to the pages in this directory

that deal with: boarding homes, retirement homes/assisted living facilities and enriched housing units. Many of these facilities offer a range of services to seniors. However, they are not licensed to provide care and their residents are not eligible for financial assistance.

Long-Term Care Homes

Individuals applying for long-term care through the Department of Health's single-entry access system are admitted to one of the following types of homes, depending on their care needs:

Nursing Homes:

These facilities are licensed to provide accommodation and primarily Level 2 care. There are 71 nursing homes with a combined total of 5,781 beds. The homes are licensed and regularly inspected by the Department of Health.

All individuals requiring Level 2 care, even those who can afford to pay the cost of care themselves, apply through the Department of Health's single-entry access system for Continuing Care services by calling 1-800-225-7225.

Residential Care Facilities:

These facilities are licensed by the Department of Health to provide accommodation and Level 1 care to four or more persons. There are

health&home™
SENIOR CARE

Home-based independence for seniors...
Peace of mind for loved ones

HOME SUPPORT PERSONAL CARE
RESPITE CARE NURSING SERVICE
ALZHEIMERS CARE AND MUCH MORE

SERVING HRM 435-8555

www.healthandhomeseniorcare.com


ScotiaCare
Homework & Caregivers

Is remaining independent
in your own home important to you?
for homelcare beyond compare

ScotiaCare Homework & Caregivers

for companionship, personal care, errands, meal prep,
ambulation, foot hygiene, transportation & friendship.
your dementia care specialist in HRM

Tel: 902-454-3777 www.scotiaccare.com

1444283

33 facilities with a combined total of 745 beds. The facilities are regulated and regularly inspected by the Department of Health. Individuals requiring Level 1 care generally apply through the Department of Health's single-entry access system for Continuing Care services by calling 1-800-225-7225.

A small number of residential care facilities operate outside of the Department of Health's single-entry access system for continuing care. To access those facilities, you may apply directly to the facility, as long as you can afford to pay their fees.

Community Based Options:

These homes are approved by the Department of Health to provide Level 1 care for one to three persons. The cost of care for one or more of the residents in these homes is financed by the Department of Health. Approved homes are inspected by the Department of Health and must follow the Interim Guidelines for Community Based Options. To apply to an approved community based options home, call the Continuing Care toll-free line at 1-800-225-7225.

Licensing and Standards

Questions about licensing, standards, monitoring, and audits for long-term care facilities should be directed to Donna Dill, Department of Health.

For more information, contact:

Donna Dill, Director, Monitoring and Evaluation, Continuing Care
Department of Health
PO Box 488
Halifax, NS B3J 2R8
Phone: (902) 424-8597

General Information: Long-Term Care

Information on the application and assessment process for placement in a Department of Health long-term care home is available from the Continuing Care toll-free line.

For more information, contact:

Continuing Care
Toll-free: 1-800-225-7225
Website: www.gov.ns.ca/health

Application/Assessment Process

Contact the Continuing Care toll-free line at 1-800-225-7225, to apply for a long-term care home. A care coordinator will call you and arrange for a time to meet with you to complete the assessment and application process. Together with you, the care coordinator will determine whether home care or long-term care is best for you. The care coordinator will also collect the information that starts the financial application process for help with nursing home costs.

Eligibility/Approval

After the care coordinator assesses your care needs, your application will be sent to an eligibility review authority in the Department

Country Living Estates Senior Residence

2540 Prospect Road, Hatchet Lake
- 15 minutes from Halifax
Phone: 825-2673 • Fax: 850-2314
Email: CLE@hfx.eastlink.ca

24 hour care 10 beds - all private rooms

COME HOME WITH US!

of Health for final approval to determine the kind of facility that best meets your needs. Your name will then be placed on the waiting list for the homes of your choice according to the date your application was approved. The department's eligibility authority decides each case based on an individual's needs, the legislation (*Social Assistance Act, Adult Protection Act, Homes for Special Care Act*), and the provincial long-term care policies.

Eligibility Appeal Process:

If you disagree with the decision made on your eligibility for long-term care, there is an administrative review process.

Choosing a Home:

If you are currently living at home, you will be asked to identify the community you wish to live in and the long-term care home in which you prefer to live. The nursing home you select could be in a community where relatives live or anywhere else in Nova Scotia.

Note: *If you agree to be placed on the waiting list for more than one home, you must accept placement in the first home that becomes available.*

Waiting Lists

A person is placed on the waiting list for a long-term care home on the date they are officially confirmed by the Department of Health as needing long-term care. The Department of Health coordinates the waiting list chronologically by that date.

Waiting for Admission from Home

The amount of time you will be required to wait before being admitted into a home depends on how many people are waiting to get into the home or homes you selected. If your situation

worsens after you apply for care and while you are waiting for an opening, your care coordinator may be able to arrange for other services, such as additional home care or respite care. If you feel you need hospital care, don't hesitate to call your family doctor.

Facility Based Respite Care

Some long-term care homes have beds set aside to allow a person's care needs to be met in a long-term care home while his or her caregivers have a break. This service is called "respite care". Effective November 1, 2005 the provincial standard daily respite charge is \$27.60. There is a cap of 28 days per year for respite clients, which ensures equitable access across the community. Assessment for and placement in respite beds is coordinated through the Department of Health by contacting the Continuing Care toll-free line at 1-800-225-7225.

Refusing Admission from Home

If you are living at home and are offered a place at a long-term care facility you had chosen and you refuse to accept it, you will be considered not ready for admission to any home. Your name will then be removed from all waiting lists.

Transferring from One Home to Another

If you are placed in a nursing home and decide you want to move to a different home, you can contact the Continuing Care toll-free line to arrange for your name to be placed on the waiting list for the facility of your choice.

Waiting for Admission from Hospital

If you are in hospital and the doctors have said you are ready to leave for a long-term care

home, you will be offered an admission to the first available home within a 100 km driving distance of the community where you want to live. This policy is called the "first available bed" policy. As soon as your name comes to the top of the list for your preferred facility, you will be offered the opportunity to transfer. This policy ensures you receive the right kind of care as quickly as possible. Since hospital beds are urgently needed for people requiring medical services that only hospitals can provide, it is not possible for you to stay in the hospital until a room comes up in a home of your choice. When your doctor says that your medical condition no longer requires hospitalization, the hospital may discharge you or begin to charge you for care.

Hospital Fees

Hospital patients whose doctors have said their medical condition no longer requires hospitalization, and who are waiting for the first available bed in a home within 100 km of the community where they want to live, may be charged \$50 a day to remain in hospital while awaiting placement. Those patients who refuse the first available bed in their area may be discharged or charged \$205 a day if they remain in the hospital. If you are concerned about hospital fees, contact your hospital

social worker. They can explain this policy to you in detail.

Fees for Long-Term Care

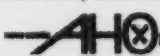
Effective January 1, 2004, the Department of Health began fully covering the health care component of a long-term care facility costs for eligible residents. That leaves residents to pay the accommodation costs, as well as personal expenses similar to seniors living in the community. Each year, the Department of Health sets the maximum accommodation rates based on the average operating costs of the three types of long term care facilities across the province. The following rates are effective for 1 year from November 1, 2005:

- **Nursing Homes:** Maximum accommodation rate \$74.50 per day
- **Residential Care Facilities:** Maximum accommodation rate \$47.50 per day
- **Community Based Option:** Maximum accommodation rate \$44.50 per day

There is no additional fee for private rooms. Individuals who cannot pay the maximum accommodation rate can apply to have their rate reduced, leaving the remaining costs to be paid by the Department of Health. A person's rate can be reduced through a financial assessment based on their net income. Net

Scotia Nursing  **Homes Limited**

*Celebrating the freedom and uniqueness
of each individual while ministering
to their spirit, mind and body.*

125 Knowles Crescent, Beaver Bank, N.S. B4G 1E7
Telephone (902) 865-6364  Fax (902) 865-3582

 **wecare™**

Home Health Services

- | | |
|--|-----------------------------|
| Professional Nursing Care | Home Support Service |
| • Nursing visits | • Personal care |
| • Foot care | • Homemaking |
| • Private duty nursing | • Maternal/infant care |
| • DVA TAPS Cards accepted | • Respite care |
| • Special needs, available upon request. | • Live in services |

Serving Halifax - Dartmouth - Bedford - Sackville & surrounding areas

6960 Mumford Road, Suite 6, West End Mall.
Halifax, N.S. B3L 4P1

Phone (902) 454-2571 Fax (902) 454-2522

income is derived from line 236 "net income" minus line 435 "taxes payable" of the person's most recently completed Canada Revenue Agency Income Tax and Benefit Return.

Financial Assessment Process

As part of your application to a long-term care home, your care coordinator will help you get started on the process. If you are applying for a reduction to the Maximum Accommodation Charge, you will be asked about your income, and asked to sign consent forms that will allow the financial assessment review officers from the Department of Health to verify financial information with the Canada Revenue Agency. This information is kept confidential. The financial assessment determines whether you are eligible for a reduced accommodation charge.

Everyone who applies to a nursing home must complete a financial application.

Splitting Income Between an Applicant and their Spouse

The income belonging to you and your spouse will be evenly divided between the two of you. If after conducting the 50-50 income split, the spouse has an assessed income that falls below a designated Spousal Income Threshold (\$14, 836

per year, effective November 1, 2005), then the couple can request that the Department of Health revise the income split to leave more of the couple's combined income with the spouse in the community. The department can reduce the authorized accommodation rate as long as the applicant (resident) is not left with less than the Minimum Retained Income amount of \$2,454 per year.

Financial Assessment Appeal Process

If you disagree with a decision regarding your authorized accommodation charge, you can request a review. This is done by filling out the Review Request Form that is attached to the *Notice of Authorized Charge* letter sent by the Department of Health. The letter informs you of the amount you will be expected to contribute toward the costs of your care. The Review Request Form will ask you to explain why you want to appeal. The Review Request Form must be received by the Department of Health within 30 days from the receipt of the *Notice of Authorized Charge* letter. The Department of Health conducts an administrative review where it makes sure all the right things were done to arrive at the decision.



ANSON CareGivers Inc.

5 Portland Estates Boulevard, Dartmouth, NS B2W 6A1
P.O. Box 1188, Dartmouth, Nova Scotia, B2Y 4B8

Tel: 435-2525 Fax: 434-9505

www.ansoncaregivers.com

Email: anson.ci@ns.sympatico.ca

"Providing first-rate quality nursing care and home support is what we do"

- 24 Hour Care, 7 Days/Wk at Home, Hospital/Nursing Home:
- All aspects of Nursing Care & Home Support Services
- RN's, LPN's, PCW's HSW's • Foot Care • Blood Collections
- Hospital Sitters, Baby Sitters, Homemakers, Companions
- All Staff are Insured & Bonded • RN Supervised
- WE CAN ARRANGE for LIVE-IN/LIVE OUT CAREGIVERS from IN OR OUT OF THE COUNTRY

Foot care professionally done by RN's in your home, nursing home or hospital

**We specialize in home care services
- 24 Hrs/day, 7 days a week**

Give us a call for a FREE NURSING ASSESSMENT of all your Nursing Care/Home Care and other requirements!!!

Paying for the Cost of Care

When you enter a nursing home, you will pay the home directly for your care based on the accommodation charge authorized by the Department of Health.

Residents who cannot afford to pay the Maximum Accommodation Charge retain the greater of either \$204.50 a month or 15 percent of their assessed annual income. Of course, residents also retain all their assets. The resident uses assets and retained income to cover items of personal need (e.g. Pharmacare co-pay, clothes, etc.) and items of personal enjoyment by the resident (e.g. hairdressing, subscriptions, etc.). The resident has full control over the use and management of their retained income and assets.

Protecting Vulnerable Adults (Adult Protection)

Adults in need of protection are those aged 16 or older, who are abused or neglected and who cannot physically or mentally protect or care for themselves.

If you suspect that an adult is in need of protection, the *Adult Protection Act* requires you to report any such information, even if the information is confidential or privileged.

Adult protection workers with the Department of Health have the authority to intervene and offer services to help people live safely.

Vulnerable Adults

Individuals are vulnerable for many different reasons. For instance, they may have an intellectual, physical, or mental disability that makes it impossible for them to protect themselves from emotional or physical abuse. Or, their personal circumstances may prevent them from caring for themselves properly.

Other Adults

Adults who are capable of making choices about how they'd like to live are not considered adults in need of protection, even if their personal hygiene becomes poor or their housekeeping drops off. If they have no physical problems, are mentally competent and are capable of looking after themselves, the *Adult Protection Act* does not consider them to be in need of protection.

Reporting Process

If you know of an adult in need of protection, you must report it immediately to the Department of Health by calling 1-800-225-7225. An adult protection worker will assess the situation. If, after the assessment, the worker believes that the person you have reported does need protection, the department will begin a more detailed investigation. If the adult is found to need protection, the worker will provide services to help.

Financial Abuse

The *Adult Protection Act* does not cover situations of financial abuse. However, if financial abuse is discovered during an Adult Protection investigation, the adult will be referred to an authority who can help safeguard his/her financial interests.

Elder Abuse

For more information on elder abuse, see page 78.

For more information or to report a case of suspected abuse or neglect, contact:

Continuing Care Services
Department of Health
Toll-free: 1-800-225-7225

Did You Know?

Seniors will comprise 25% of Nova Scotia's population by 2026.

Public Health Services

Public Health Services works in partnership with communities, families, and individuals to prevent illness, protect and promote health, and achieve well-being. Staff includes public health nurses, health educators, dental hygienists, nutritionists, support staff, medical officers of health, epidemiologists, and administrators and managers.

For more information, contact:

District Offices

Wolfville

Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.
Phone: (902) 542-6310

Truro

Serving Colchester, Cumberland, and Pictou Counties and most of the Municipality of East Hants.

Phone: (902) 893-5820

Sydney

Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.

Phone: (902) 563-2400

Dartmouth

Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.

Phone: (902) 481-5800

Addiction Services

This service provides prevention, treatment, and rehabilitation services for individuals and their families, with alcohol, drug, and gambling problems.

For more information, contact:

District Offices

Dartmouth

Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.

Phone: (902) 424-5623

Lunenburg

Serving Lunenburg and Queens Counties.

Phone: (902) 634-7321

Pictou

Serving Colchester, Cumberland and Pictou Counties, and most of the Municipality of East Hants.

Phone: (902) 485-4335

Sydney

Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.

Phone: (902) 563-2590

Valley

Serving Annapolis and Kings Counties.

Phone: (902) 825-6828

Yarmouth

Serving Digby, Yarmouth, and Shelburne Counties.

Phone: (902) 742-2406

Problem Gambling Help Line

See information on page 31.

Mental Health Services

A wide-range of mental health services are offered by District Health Authorities to meet the needs of Nova Scotians, including seniors. Specialized mental health services for seniors

are offered in some health districts. These are described after the list of mental health services offices below.

Mental Health Services Offices

Amherst: (902) 667-3879
Antigonish: (902) 863-4511
Bridgewater: (902) 527-5228
Dartmouth: (902) 464-6054
Digby: (902) 245-4709
Halifax QEII: (902) 473-2492
Inverness: (902) 258-1911
Kentville: (902) 679-2870
Middleton: (902) 825-4825
New Glasgow: (902) 755-1137
Shelburne: (902) 875-4200
Sydney: (902) 567-8170
Truro: (902) 893-5526
Windsor: (902) 792-2042
Waterville: (902) 538-3103 ext.136
Yarmouth: (902) 742-4222

Saint Vincent's Guest House

"...Promoting Quality of Life..."



2080 Windsor Street, Halifax, N.S. B3K 5B2
Phone (902) 429-0550
Fax (902) 492-3703
www.svgh.ca

190863

Seniors Mental Health Program

Cape Breton District Health Authority

This program is designed to meet the mental health needs of seniors in the Cape Breton Health District. Health care professionals experienced in seniors' mental health provide assessment, treatment, and information to clients, as well as support and information to families and to staff in long-term care facilities. A particular area of focus is the identification and treatment of seniors with mental illness and the management of challenging behaviours. A variety of services are available including health promotion, education, outreach (home visitations), and in-patient programs. Staff work in consultation with two local geriatricians and a geriatric psychiatrist.

For more information, please contact:

Brian MacIsaac

Phone: (902) 567-8170

Seniors' Mental Health Service

Capital Health

This service is designed to meet the mental health needs of people 65 and older. A variety of services are available, including health promotion, education, outreach (home visitations), day program, and in-patient programs.

The *Seniors' Day Program* offers education and support to seniors who experience anxiety and depression. Educational groups focus on learning positive habits for healthy living, coping with grief, relaxation and dealing with negative thinking.

Health care professionals experienced in the field of seniors' mental health provide treatment and information to clients, as well as, support and information to family members.

Emphasis is placed on providing services in the home setting or community. A person's mental health is as important as their physical health. The Seniors' Mental Health Service encourages seniors to access help when required.

For more information, contact:

Nova Scotia Hospital Site

Phone: (902) 464-6054

or

Queen Elizabeth II Site

Phone: (902) 473-2492

Seniors' Mental Health Service

Kings and Annapolis Counties

This service, coordinated by a nurse and delivered with social work, occupational therapy and psychology, is designed to meet the mental health needs of seniors. Assessments and visits at home are provided by a nurse and psychiatrist. Support groups for families of individuals with Alzheimer disease and dementia are available. Regular consultation with all nursing homes in the counties is also provided. Team members are open to input from consumers and families with their ideas on how to further develop the service.

For more information, contact:

Kings County

Phone: (902) 679-2870

or

Annapolis County

Phone: (902) 825-4825

Preventing Falls

Preventing Falls Together Program

Anyone can fall. But as we get older we are more at risk of falling. Injuries from falls cause

pain, suffering and loss of independence especially among seniors. Falls are the most preventable health concern for older adults.

Preventing Falls Together, a program of Community Links, funded by Nova Scotia Health Promotion has coalitions in 12 areas of Nova Scotia. Coalitions develop local strategies for reducing falls and offer services, education and programs to help reduce falls, and the impact of falls. Coalition members include seniors, those working with seniors, health and rehabilitation professionals and businesses in local communities.

For more information, contact:

Carol McAllister, Coordinator

Phone: (902) 576-2420

E-Mail: fallsprevention@eastlink.ca

or

Susan King, field worker, Eastern NS

Phone: (902) 539-6098

E-mail: sking@ns.communitylinks.ca

Website: www.nscommunitylinks.ca

Falls Clinic

Nova Scotians, aged 65 and over who have fallen or have mobility and balance difficulties can be referred to the clinic by their family doctor or by any professional with agreement from the family doctor. Professionals will assess the senior's overall health status, medications, the risk factors involved in falling, home safety, walking aids, footwear and foot care and home supports. They will then recommend treatment and provide counseling. The goal of the clinic is to prevent future falls in those at risk of falling.

**A regular pap test could
save your life!**

For more information, contact:
Falls Clinic, Geriatric Day Hospital
1st Floor Camp Hill Veterans' Memorial
Building
5955 Veterans' Memorial Lane
Halifax, NS B3H 2E1
Phone: (902) 473-2493

Specialized Health Programs for Seniors

Centre for Health Care of the Elderly

The centre provides health care services for older adults. Specific programs include: geriatric assessment unit, geriatric restorative (rehabilitation) unit, geriatric day hospital, and specialty outpatient clinics, such as the memory disability clinic, and falls clinic. **A referral must be made by a physician.** The centre is located in the Camp Hill Veterans' Memorial Building, QEII, Halifax. Clinics are also held in the Annapolis Valley, Lunenburg, and Antigonish.

For more information, contact:
Centre for Health Care of the Elderly
Camp Hill Veterans' Memorial Building
Halifax, NS B3H 2E1
Phone: (902) 473-8603
Website: www.geriatrics.halifax.ns.ca

Geriatric Day Hospital

QEII Health Sciences Centre

This program provides short-term outpatient rehabilitation for seniors by a team of health care professionals. Physician referrals are required.

For more information, contact:
Geriatric Day Hospital
Camp Hill Veterans' Memorial Building

1st Floor, 5955 Veterans' Memorial Lane
Halifax, NS B3H 2E1
Phone: (902) 473-2493

Geriatric Services, Cape Breton District Health Authority

This service is located at the Cape Breton Regional Hospital site and serves the aging Cape Breton Population. The service includes two geriatricians and two geriatric nurse clinicians. We offer a consulting service and see clients on a referral basis only. Clients can be seen in the out-patient clinic, while in hospital, in nursing homes or, in some cases, in their own homes. The service offers support, education for seniors, their families and caregivers. It provides professional and public education sessions on senior's health issues.

For more information, contact:
1482 George Street, Level 1
Sydney, Nova Scotia B1P 1P3
Phone: (902) 567-8190

Accommodations for Health Care Patients and Visitors

Queen Elizabeth II Health Sciences Centre (QEII) Accommodations

(Halifax)

For details on special accommodation rates for patients and families using the QEII facilities, check the QEII website at:

www.cdha.nshealth.ca/facilities/qe2hsc

For a print copy of this information, call the Seniors' Secretariat at 1-800-670-0065.

Point Pleasant Lodge

(Halifax)

The Lodge is a non-profit facility with accommodations for individuals using any medical services within the Halifax area or visiting patients.

Rooms include television and telephone service and private bath. Smoking and non-smoking rooms are available, as well as accommodations for physically challenged individuals. The Lodge provides a cafeteria and reading lounge, along with laundry facilities, elevator service and limited free parking.

The Lodge is within walking distance of the QEII Health Sciences Centre and the IWK Grace Health Centre.

Room rates:

Single occupancy: \$35

Double Occupancy: \$50

Call for information on family occupancy.
Reservation are recommended.

For more information, contact:

Point Pleasant Lodge

1121 South Park Street

Halifax, NS B3H 2W6

Phone: (902) 421-1599

E-mail: guestservices@pointpleasantlodge.com

Website: www.pointpleasantlodge.com

The Lodge That Gives

Cancer patients who normally reside in Nova Scotia, at a distance from Halifax, can stay at the lodge while receiving medical attention. Family members can stay while visiting a loved one in the hospital. To arrange a first-time reservation, you can speak to a cancer specialist, a local representative of the Canadian Cancer Society, or the booking clerk at the Halifax treatment centres.

For more information, contact:

Lodge Co-ordinator

5826 South Street

Halifax, NS B3H 1S6

Phone: (902) 420-1849

Fidelis House

(Kentville)

Fidelis House is a non-profit organization that provides accommodation for patients needing to be in the Valley area for appointments or treatment, as well as families of patients who want to be near their loved ones in times of illness or surgery.

Fidelis House has 12 double occupancy rooms available with a private washroom. There is a communal kitchen and living room with a television. Laundry facilities are available. Breakfast foods are provided and coffee and tea is available at any time. There is a specially equipped room available for physically challenged individuals. The house is staffed around the clock with volunteers and is within walking distance of the Valley Regional Hospital. *Fee: \$20 per night, per person.*

For more information, contact:

Fidelis House Society

140 Exhibition Street

PO Box 125

Kentville, NS B4N 3W4

Phone: (902) 679-6567

E-mail: fidelhouse@ns.sympatico.ca

Website: www.nsnet.org/fidelishouse

Did You Know?

Although the total population of Nova Scotia is expected to grow by only 3% between 2005 and 2026, the seniors' population will grow by more than 80%.

Health Screening Programs

Nova Scotia Breast Screening Program

This program assists in the early detection of breast cancer. It offers information on breast health and mammography (breast X-rays) to women aged 50 and older who have no diagnosed breast problems.

Clinics:

There is a clinic in the Halifax Shopping Centre. A mobile van provides breast screening for the Eastern Health area (administered by the Cape Breton Hospital). A second van serves the Western Health area (administered by Yarmouth Regional Hospital). A mobile unit serves the northern area out of Truro.

For more information, contact:

NS Breast Screening Program
Halifax Shopping Centre
Tower 1, Suite 103
7001 Mumford Road
Halifax, NS B3L 4N9
Phone: (902) 473-3960
Toll-free: 1-800-565-0548

Gynaecological Cancer Screening Program

This program, part of Cancer Care Nova Scotia, is dedicated to decreasing the incidence of gynecological cancer. Its mandate includes public education, health professional education, development and dissemination of standards for laboratory services, provincial cytology/colposcopy registry, and research.

Pap test awareness brochures and information about where to get a pap test in your area is available upon request.

For more information, contact:

Margery MacIsaac, Program Coordinator
Bethune Building, Room 555A
1278 Tower Road
Halifax, NS B3H 2Y9
Phone: (902) 473-7438
Toll-free: 1-888-480-8588
E-mail: papforlife@ccns.nshealth.ca

Services for Frail, Disabled, or Homebound Seniors

Endorsement Disclaimer

The Seniors' Secretariat does not endorse or recommend any commercial products or private-sector services in this directory. Consumers are encouraged to be cautious and ensure the individuals and companies they deal with are reputable. When hiring a care provider, be sure to ask for their credentials and for personal references from previous clients. See page 75 in this directory for information about the Better Business Bureau. Contact Service Nova Scotia and Municipal Relations at 1-800-670-4357 to determine if a business is registered.

Essential Services

Nova Scotia Power Critical Customer Communication Program

Nova Scotia Power has a Critical Customer Communication Program for customers who rely on electricity for life support, such as oxygen therapy, or critical home care. The program

provides important information about planned power outages, restoration time changes, and unplanned power outages expected to last more than four hours. The information will be provided via telephone for those who are registered.

For more information, contact:

Nova Scotia Power
Customer Service Manager B-15
PO Box 910
Halifax, NS B3J 2W5
Phone: (902) 428-6230
Toll-free: 1-800-428-6230
Website: www.nspower.ca

Adult Day Programs

Day programs provide seniors with a social environment in which they can participate in activities and meet new people. Many day programs have special services available such as health monitoring, foot care, hair styling, and exercise. Some programs offer information sessions, group outings, and social events. Usually a snack and lunch are provided. Other programs serve the needs of individuals with memory loss and confusion from Alzheimer disease and other forms of dementia. Fees vary depending on the programs and services provided.

For more information, or to enroll in an adult day program, contact the programs in your area.

Adult Day Programs

Berwick

VON Annapolis Valley Branch

Adult Day Program
Barb Rand RN and Brenda Harland RN
Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Phone: (902) 538-7844

Glace Bay

Victoria Haven Nursing Home

5 Third Street
Glace Bay, NS B1A 6E8
Phone: (902) 849-4127

Halifax Regional Municipality

Oakwood Terrace Adult Day Program

Thia Rutledge
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1
Phone: (902) 469-2794, ext. 199
E-mail: g.comeau@oakwoodterrace.ns.ca

Breakaway Adult Day Program

VON of Greater Halifax
Paula Yanch, St. Andrews Centre
6955 Bayers Road
Halifax, NS B3L 4S4
Phone: (902) 453-5800 ext. 231

Northwood Homecare Adult Day Programs

- Social Day Program
- Day Support Program: for individuals with Alzheimer disease or other forms of dementia

2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: (902) 454-3377

Nova Scotia Hospital

Shirley Wright
Drawer 1004, 300 Pleasant Street
Dartmouth, NS B2Y 3Z9
Phone: (902) 464-3310

The Birches

Eileen MacNeil
Musquodoboit Harbour, NS B0J 2L0
Phone: (902) 889-3474

Parrsboro

South Cumberland Community Care Centre

Debbie Fullerton or Brenda Roberts

Parrsboro, NS B0M 1S0

Phone: (902) 254-2540

Pictou

Take a Break Program

Sharon Lynch

PO Box 250

Pictou, NS B0K 1H0

Phone: (902) 485-4341

Sydney

Parkdale House

47 Byng Avenue

Sydney, NS B1P 5B9

Phone: (902) 567-1781

Sydney Mines

Northside Harbourview Hospital

Seniors' Day Program

Mary Robertson

22 Richard Street

Sydney Mines, NS B1V 2H7

Phone: (902) 736-2831 ext. 140

Truro

VON Colchester East Hants Branch

Adult Day Program

Sharon Fairbanks, Johnson Manor

9 Church Street

Truro, NS B2N 3Z5

Phone: (902) 893-7001

VON Cumberland

Randi Helm

43 Prince Arthur, Amherst B4H 3Z5

Phone: (902) 667-8796

VON Pictou County

Wendy Macdonald

835 East River Road

New Glasgow B2H 3S6

Phone: (902) 752-1192

Volunteer Visiting Programs

Volunteer Visiting Program

This program, offered by the VON of Greater Halifax matches volunteers with clients who are socially isolated to provide one-to-one friendship and support. The program reaches seniors in Halifax, Dartmouth and other areas in the Halifax Regional Municipality.

For more information, contact:

Anne Forbes

Phone (Halifax): (902) 455-7433

Donna Hanczaryk

Phone (Dartmouth): (902) 455-6654

In-Home and Community Meal Programs

Nova Scotia Meals Network

The network publishes a provincial directory of meal programs for seniors, including Meals on Wheels, Wheels to Meals (community meal programs), and Private Recipe Frozen Meals. The directory is available from Spencer House Senior Centre in Halifax at 421-6131 and by calling the Continuing Care toll-free line at 1-800-225-7225.

Meals on Wheels

Hot meals are prepared locally and delivered by volunteers to your home for a modest fee.

**A regular pap test could
save your life!**

Private Recipe Frozen Meals

Individually frozen meals are prepared and delivered to your home for a modest fee. You can choose your own complete menu from a tempting array of main dishes, soups, and desserts. Ask about special diets and pureed meals. For more information about frozen meal delivery, contact your local VON branch (see page 132).

Community Meal Programs

A number of organizations across the province sponsor hot meal programs for seniors. Such programs are often referred to as Wheels to Meals. For a modest fee, these programs provide you with a place to socialize and a chance to enjoy a nutritious meal in the company of others.

Information

For specific information on meal programs in your area, contact the Continuing Care toll-free line at 1-800-225-7225, or the Nova Scotia Meals Network representative nearest you, as follows:

Meals Network Representatives

Central Nova Scotia

Deborah Dostal
Spencer House Senior Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: (902) 421-6131

Eastern Nova Scotia

Joan Fownes, Dietitian
Victoria County Memorial Hospital
Box 220, Baddeck, NS B0E 1B0
Phone: (902) 295-2112
E-mail: jfownes@cbdha.nshealth.ca

Northern Nova Scotia (Trenton, Westville, Stellarton)

Sheila Hoeg
VON New Glasgow
Phone: (902) 755-4524

Western Nova Scotia

Vivian MacMillan
Box 427, Windsor, NS B0N 2T0
Phone: (902) 798-4913

or

Libby Goucher
VON Annapolis Valley Branch
Kentville, NS B4N 3V7
Phone: (902) 690-2110
Toll-free: 1-800-411-9646
E-mail: pep@vonannvalley.ns.ca

Meals And More

This service offers home-delivered meals in the greater Amherst area. Choose from a wide variety of frozen meals, soups, and desserts, which come ready to heat in an oven or microwave. Call its dietician to discuss your dietary needs (vegetarian, diabetic, low-fat, low-salt, renal, gluten, lactose-free and pureed or minced food can be arranged). Free delivery in the greater Amherst area.

For more information, contact:

Susan Kastuk-Ridlington, Dietician
Phone: (506) 536-8102 (*toll-free from Amherst*)
E-mail: meals@nbnet.nb.ca

M&M Meat Shops

Specializing in single serving meals and portion controlled meats, as well as frozen fruit and vegetable blends. Many of these foods are fully cooked and just require reheating using a toaster oven or microwave. Stores located in: Bedford, Bridgewater, Dartmouth, Halifax, Lower Sackville, New Glasgow, New Minas, Truro, and Sydney.

E-flyer available. Every Tuesday Seniors 65 or over receive a 5 percent discount.

Website: www.mmmeatshops.com

Health Equipment and Supplies

Aliant Telecom

Aliant offers a variety of telephone services for people with hearing, speech, sight, or motion disabilities.

For more information, contact:

Toll-free: 1-800-694-9313

TTY/TDD: 1-800-276-3105

Canadian Red Cross Society

Health Equipment Loan Service

This program operates loan depots throughout the province. You can often get crutches, canes, walkers, wheelchairs, commodes, raised toilet seats, and bathtub aids. Loans are free. You can borrow items for up to three months. Donations are welcome.

For more information, contact:

1940 Gottingen Street

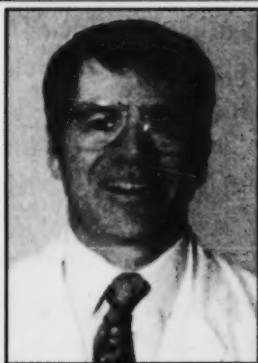
Halifax, NS B3J 3Y2

Phone: (902) 424-1420

Medical/Hospital Supply Services

Medical/hospital supply companies offer rentals, sales and repairs of health care equipment. Items can include canes, wheelchairs, elevators, and motor scooters.

How is your hearing?



Dr. Dennis A. Herx
President Audiologist

- Complete Hearing Evaluations
- O.A.E. Assessments
- Tinnitus Assessments & Counseling
- Hearing Aid Fittings
- Hearing Aid Service and Repair
- Latest State-of-the-Art Hearing Aids
- Custom-made Swim and Noise-reduction plugs

Bridgewater

543-0044

42 Glen Allen Dr.

Yarmouth

742-7349

615-625 Main St.
Suite #231

Summerside

432-8154

475 Granville St. North

Halifax

429-4180

114 Woodlawn Rd. 5991 Spring Garden Rd.
Suite #230

Kentville

1-800-565-5682

70 Exhibition St.

Charlottetown

892-6989

27 St. Peters Rd.

Have you had your hearing checked lately?

Do you frequently ask others to speak up or repeat themselves? Do you turn up the volume on the TV so loud that others complain? Do you feel others are mumbling? Do you hear but not understand the words?

Please call the nearest office for an appointment.



AUDIOLOGY ASSOCIATES

Your total hearing care professionals.

10% Seniors Discount on Hearing Aids • DVA TAPS Cards Accepted

1324753

The yellow pages of your local telephone directory may list these services under the headings: *Medical Equipment and Supplies, Hospital Equipment and Supplies, Wheelchairs, or Elevators.*

Adaptive Clothing

Dignity by Design

A Nova Scotia company created to meet the needs of those who have special difficulties getting dressed and going about their normal daily activities. They have a great selection of adaptive clothing, along with custom clothing, personal consultations and alterations.

For more information, contact:

Sharon Freeman
5530 Kaye Street
Phone: (902) 835-5738
Toll-free: 1-877-869-2814
E-mail: specialtogs@ns.sympatico.ca
Website: www.dignitybydesign.com
or www.diabeticsocks.ca

Easy Living Shops Canada Ltd.

This company sells specialized clothing for seniors who live in nursing homes, hospitals, manors, or their own homes. Clothing is designed to be attractive and durable.

For more information, contact:

Paula Chambers, NS Representative
Phone: (902) 684-0937
Toll-free: 1-800-665-1976

Easy Street Adaptive Clothing

Based in Pictou County, this company produces comfortable, fashionable, adaptive clothing designed for men and women with special needs.

For more information, contact:

PO Box 162
River John, NS B0K 1N0
Phone: (902)-351-2619
Toll-free: 1-866-549-3279
E-mail: info@easystreetclothing.com
Website: www.easystreetclothing.com

Private Home Care and Home Support Services

If you require home care services, Continuing Care, Department of Health is your first point of contact. Call the Continuing Care toll-free line, at 1-800-225-7225 (see page 133).

Many private organizations also offer in-home support services to seniors who want to remain independent in their homes. They

For all your Mobility and Homecare Needs

MEDchair. the home medical equipment specialists

Halifax 7037 Mumford Road, Phone: (902) 484-2002 Toll-free: 1-800-262-2269	Sydney 1151 Grand Lake Road, Phone: (902) 539-2050 Toll-free: 1-866-268-2050
--	--

1444312

provide professional nursing care and offer a variety of home support services.

Types of services offered may include foot-care, companionship, in-home nursing care, physiotherapy treatments, homemaker services, such as light housekeeping and meal preparation, transportation, and many others. Services can be tailored to suit an individual client's needs and fees vary depending on the type of care required.

For more information, contact a home care provider in your area.

Cape Breton Area

VON Cape Breton Metro

Phone: (902) 564-6479

Cape Care Services

Phone: (902) 562-2444

Nightingale Nursing Services

Phone (Sydney): (902) 562-6274

Northside Community Guest Home

Phone: (902) 794-4733

Halifax and Surrounding Area

Anson Care Givers Inc.

Phone: (902) 435-2525

Comcare

Phone: (902) 453-0838

Toll-free: 1-800-565-1930

ElderCare Atlantic Inc.

Phone: (902) 446-3636

Haven Bay Home Care Services

Phone: (902) 826-1341

Health & Home Senior Care

Phone: (902) 435-8555

Home Instead Senior Care

Phone: (902) 429-2273

Licensed Practical Nurses

Private Duty Registry

Phone: (902) 499-3004

Nightingale Nursing Services

Phone (Halifax): (902) 465-9777

Northwood Homecare

Phone: (902) 492-3346

Toll-free: 1-800-461-3346

Powers Senior Home Care Inc.

Phone: (902) 832-9158

Red Cross Home Support Services

Phone: (902) 496-0103

Scotia Care Homecare and Caregivers

also serving the Eastern Shore

Phone: (902) 454--3777

Toll-free: 1-888-414-0404

Stay Home Care

Phone: (902) 864-2677

VON Greater Halifax

Phone: (902) 453-5800

We Care

Home Health Services

Phone: (902) 454-2571

North Shore Area

VON Antigonish

Phone: (902) 863-5700

VON Colchester East Hants

Phone: (902) 893-3803

VON Cumberland County

Phone: (902) 667-8796

VON Pictou County

Phone: (902) 752-3184

South Shore Area

Care Choices Inc.

Phone: (902) 527-1622

Caregivers 'n' More

Phone: (902) 425-7727

Health & Home Senior Care

Phone: (902) 356-3331

VON Lunenburg County

Phone: (902) 624-1897

VON Queens County

Phone: (902) 354-3297

Valley Area**VON Annapolis Valley**

Phone: (902) 678-3415

Western Area**VON Tri-County**

Phone: (902) 742-4512

Health Professionals and Services

Physician Information Line

The Department of Health provides a listing of family doctors in Nova Scotia who are currently taking new patients. The list is also available on-line at:

www.gov.ns.ca/health/programs.htm

For more information, contact:

Physician Information Line

Phone: (902) 424-3047

After Hours Physician Services

Family Focus

Family Focus clinics provide after hours access to family physicians. Clients can call ahead or walk in for a same day appointment.

For more information, contact:

Atlantic Superstore (Dartmouth)

Phone: 462-2038

Professional Centre (Halifax)

Phone: 420-2038

Atlantic Superstore (Sackville)

Phone: 869-2038

Dartmouth Medical Centre

Hours: Monday to Friday: 9:00 am – 8:00 pm

Weekends: 9:00 am – 5:00 pm

Phone: 465-4530

Chiropractors

Doctors of Chiropractic in Nova Scotia are licensed by the Nova Scotia College of Chiropractors and regulated by the *Chiropractic Act* of Nova Scotia. You do not require a referral to schedule a chiropractic appointment, however you may require a referral in order to be reimbursed by your insurance company. Chiropractic care has been shown to be effective and cost-effective for musculo-skeletal conditions such as neck pain, back pain, headaches and whiplash.



- Approved Vendor for the Nova Scotia Home Oxygen Program
- Accredited by the Canadian Council on Health Services Accreditation
- Experienced Healthcare Professionals to assist in your Home Oxygen and CPAP Needs
- Servicing Nova Scotia since 1969
- Bilingual service available
- Call for the Location nearest you

1-866-446-6302

1324706

To find a chiropractor near you consult the yellow pages in your telephone directory or contact:

Phone: (902) 521-2735

E-mail: inquiries@chiropractors.ns.ca

Website: www.chiropractors.ns.ca

Occupational Therapists

Occupational therapy is a health care profession that focuses on skills for the job of living. Disease or disability often impacts how we perform everyday activities (bathing, dressing, feeding oneself, homemaking, hobbies). Occupational therapists can provide treatment programs aimed at improving abilities to complete activities of daily living. They can provide home safety assessments to prevent injury as well as prescribe and educate in the use of adaptive equipment and aids. Occupational therapists work with seniors in a variety of settings including hospitals, private clinics, long-term care facilities and your own home. You do not require a physician referral to be seen. Occupational therapy within the hospital setting is covered under MSI, however coverage varies on private health insurance policies.

For more information contact your local community hospital or:

Nova Scotia Society of Occupational Therapists
Phone: (902) 453-4537

Physiotherapists

Physiotherapy is the health care profession dedicated to enhancing and restoring mobility. You do not require a referral to schedule an appointment, however you may require a referral in order to be reimbursed by your insurance company. Physiotherapists provide health care to seniors in many different settings including hospitals, private clinics, long-term care facilities, seniors' complexes or

your own home. Physiotherapy treatment provided in hospital settings in Nova Scotia are covered by MSI, however funding varies when services are offered outside a hospital. Many (but not all) private insurance policies cover physiotherapy services. To inquire about seeing a physiotherapist, look in the yellow pages of your telephone directory or contact your community hospital.

Podiatrists and Chiropodists

(Foot Care)

These specialists treat all types of foot disorders. Their services are not covered by MSI; however, most private and employer health plans, and some government agencies will partly or totally cover the cost. You do not need a physician's referral. Your physician can tell you if a chiropodist or podiatrist is a certified member of a recognized association (such as the Maritime Association of Certified Chiropodists– Podiatrists). For a list of practitioners in your area, look in the yellow pages under the heading *Podiatrists*.

VON Footcare Services

The VON provides foot care services and clinics in various parts of Nova Scotia. For more information, call the VON office nearest you.

Dalhousie Dental Clinic

The dental clinic at the Faculty of Dentistry at Dalhousie University provides services to the general public at reduced fees. The clinic is staffed by supervised students of the Dentistry program, and provides a wide-range of dental services.

Did You Know?

To stay independent you need to be able to reach, bend, lift, carry and move around easily. Staying physically active will help you keep moving and stay strong.

FOOTECH INC

ACCREDITED FACILITY
CERTIFIED ORTHOTIST/PEDORTHIST

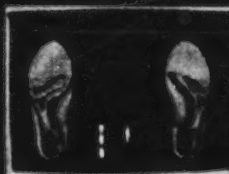
ORTHOPEDIC CENTER
CERTIFIED SERVICES

*Suffering From Sore Feet, Knees & Back...
Footech Can Help!*



- Custom & Off the Shelf
- Ankle Braces
- Knee Braces
- Lower Back Braces

- Custom Made Orthotics
- Custom Made Footwear
- Personalized Footwear
- Shoes, Sandals and Boots



**A Step
Closer
To
Perfection**

422-3477

www.footech.ca

Glenbourne Plaza,
480 Parkland Dr.,
Unit 9, Halifax
1-877-834-1400

Bayers Lake area, off of Lacewood Drive,
across from the Home Depot

(506) 854-7339 (506) 459-3668 (506) 548-9379 (506) 657-0800 (902) 566-5673 (902) 436-3236

For more information, contact:

Dalhousie Dental Clinic
5981 University Avenue
Halifax, NS B3H 1W2
Phone: (902) 494-2101

Counselling and Care Management

Care Management for Seniors

This Halifax based service supports families by providing a holistic approach to managing issues that arise from the transitions of aging. It provides care planning and management, counselling and mediation and monitoring in a variety of settings including long-term care facilities.

For more information, contact:

PO Box 33132
Halifax, NS B3L 4T6
Phone: (902) 431-6407
Toll free: 1-888-431-6407
E-mail: Caremanagement@eastlink.ca

In-Home Services

ElderCare Atlantic Inc.

This company provides coordinated life management services to seniors and their families. Services include health needs assessment and management, home care, paying bills, preparing tax returns, helping with home maintenance/management (everything from grass cutting, to snow removal, to general repairs, to wheel chair ramp construction), objective review of residence options, and assisting with residence transition. Fees vary depending on the services provided.

For more information, contact:

Gary Armstrong
15 Botany Terrace
Halifax, NS B3N 2Z6
Phone: (902) 446-3636
E-mail: eldercareatl@hfx.eastlink.ca

JKM Industries

JKM Industries provides handyman, home improvement, and repair services, as well as computer services. JKM Industries is flexible and has discounted rates for seniors.

Retirement Living Alternatives

Melville Heights

*Luxury Apartment
Living for Seniors*

24 Ramsgate Lane
Halifax, NS
477-3313

Melville Gardens

*Retirement Residence and
Assisted Living Facility*

11 Ramsgate Lane
Halifax, NS
477-3135

Centennial Villa

*Retirement Residence and
Assisted Living Facility*

258 Church Street
Amherst, NS
667-5330



HEALTH CARE GROUP

Touching Lives

www.gemhealth.com

For more information, contact:

JKM Industries
Bedford, NS B4A 3X2
Phone: (902) 832-7137
Website: www.jkmindustries.com

Kim's Trim Mobile Salon

Your hairdressing needs can be met at home if you live in the Halifax, Dartmouth, and Sackville areas.

For more information, contact:

Phone: (902) 458-6695

**Leona Burke's
Blood Collection Services**

This service is available at a number of locations in Bedford, Dartmouth, Eastern Passage, Halifax, Cole Harbour, and Lower Sackville. You can make an appointment or just walk in. *Fee: \$11.50 Home visit fee: \$23.* Call for information on the location nearest you.

For more information, contact:

Phone: (902) 461-2391
Website: www.lbbloodcollection.com

**MacCulloch Med Tech
Services Inc.**

This service provides on-site and at-home blood and urine test collection services, and transports the samples directly to your doctor's preferred hospital lab. It serves clients in Halifax Regional Municipality including the Peggy's Cove Road area, with a branch open in Industrial Cape Breton.

For more information, contact:

101 Ilsley Avenue, Suite 5A
Dartmouth, NS B3B 1S8
Phone: (902) 477-7642
Toll-free: 1-800-213-1454
E-mail: mmts@bloodtest.ca

**MedicalPro Healthcare Team
(formerly Mobilicare Inc.)**

This service offers blood collection, massage therapy and nursing visits by registered and certified professionals. *Fees:* in-home blood collection: \$25, in-home massage therapy: \$75, RN nursing visits: \$38. For all services provided, please call for an appointment. The services are offered 7 days a week, and the blood clinics run in Halifax and Dartmouth Monday to Saturday, 8:00 am – 11:00 am.

For more information, contact:

Phone: (902) 830-2273
or (902) 229-7767

Seniors for Seniors

This program serves older adults and seniors. Services include: homemakers, handy-persons, home cleaners, and companions.

For more information, contact:

Howard Court or Janet Wilson
7001 Mumford Road, Tower 1
Suite 819, Halifax, NS B3L 4N9
Phone (Halifax): (902) 454-3674
Phone (Truro): (902) 897-7355

**Seniors Snow Removal Program
(HRM)**

Halifax Regional Municipality (HRM) has partnered with seniors groups and other volunteer groups in HRM, to provide a snow removal service for seniors (65+) or disabled persons.

Seniors wishing to receive this service, must pre-register for the program and provide a shovel and salt for the volunteer. Registration closes in early December.

For more information, contact:

Snow Removal General Inquiries

Phone: (902) 558-1049
Website: www.region.halifax.ns.ca/services/seniorssnow.html

Halifax

Chebucto Links

Phone: (902) 422-3525

Rockingham Community Centre

Phone: (902) 490-4686

Spencer House Seniors Centre

Phone: (902) 421-6131

Dartmouth

Dartmouth Seniors Service Centre

Phone: (902) 465-5578

Sackville

Sackville Seniors Advisory Council

Phone: (902) 854-5591

Grocery Delivery Services

Grocery delivery costs vary depending on the store. A few stores have a service where customers can phone in their orders, have them filled and delivered and they usually have to call at a specified time. Contact specific stores for details.

Digby County

Warwick Street Sobeys, Digby

Phone in and delivery on Tuesdays

Phone: (902) 245-6183

Halifax Regional Municipality

Mumford Road Sobeys, Halifax

Delivery on Thursdays until 4:00 pm

Phone: (902) 454-7277

Queen Street Sobeys, Halifax

Phone: (902) 422-9884

Shelburne County

King Street Sobeys, Shelburne

Phone: (902) 875-2458

Queens County

Bristol Avenue Sobeys, Liverpool

Phone: (902) 354-4225

Truro

Cavanagh's Food Market

86 Main Street

Phone: (902) 895-4179

Go Fast

Phone: (902) 897-1088

Caregiver Support

Caregivers Nova Scotia

This association provides information and support to caregivers—those special people who care for family, friends, or neighbours of any age who are physically or mentally challenged, chronically ill, or frail. Their care can be provided either at home or in a care facility. Caregivers are neither paid nor volunteers due to their personal bond with the care receiver.

Support groups for family caregivers are active in many parts of Nova Scotia.

Contact the association to locate the group nearest you, to receive a free newsletter, or find answers to your caregiving questions.

For more information, contact:

3115 Veith Street

Halifax, NS B3K 3G9

E-mail: support@caregiversns.org

Phone: (902) 421-7390

Toll-free: 1-877-488-7390

Website: www.caregiversns.org

Compassionate Care Benefit

This is a provision under the *Employment Insurance Act* to pay up to six weeks of special benefits to persons who have to be away from work to care for a gravely ill family member. It is not a tax deduction or credit.

For more information on the Compassionate Care Benefit, refer to the Service Canada's website www.sdc.gc.ca or check local government listings.

Respite Care

Some long-term care homes have respite care beds set aside to allow your care needs to be met in a long-term care home while your caregivers have a break (see page 103).

Call the Continuing Care toll-free line at 1-800-225-7225, to learn more about the respite services for caregivers available through the Continuing Care program (see page 98). Respite services are also provided by many private home care agencies (see page 117).

Hospice, Palliative Care and Bereavement

Palliative care combines active and compassionate therapies to comfort and support individuals and families who are living with a progressive life-threatening illness, or who are bereaved.

Palliative care can provide relief from pain and other distressing symptoms, and offer a support system to help you live as actively as possible until death. It can also offer a support system to help your family cope during your illness and their own bereavement.

Supports for individuals and families during times of loss, grief and bereavement are available in many communities across the province. Call the palliative care, hospice and support services in your area for more information.

Nova Scotia Hospice/ Palliative Care Association

This association promotes the philosophy and principles of palliative care. It provides education for its members and surrounding communities. The association is the spokesperson for palliative care in Nova Scotia. It provides a directory of palliative care, hospice, and support services in Nova Scotia. With over 40 entries, the directory is comprehensive and complete. To obtain a copy, either e-mail the association at judy.simpson@ccns.nshealth.ca or call the Seniors' Secretariat at 1-800-670-0065.

For more information, contact:

Lynn Yetman, President
c/o 207 Willow Street
Truro, NS B2N 5A1
Phone: (902) 893-7171
E-mail: debbie.ross@cehaa.nshealth.ca

Hospice Society of Greater Halifax

This society offers the Grieving Circle, every



SHANNEX
Parkland Estates
RETIREMENT RESIDENCE

Three Locations – Halifax, Truro, Moncton

Your Retirement Living Option for
Permanent Residency, Respite &
Convalescent Care and Seasonal Stays

Please call 457-8621 to explore your options! • www.parklandestates.com

Thursday from 7:00 to 8:30 pm at Northwood Centre. Trained facilitators guide discussion and provide information about loss and grief. There is no fee and sessions start the first Thursday of every month and continue for four weeks. The group does not meet in July and August.

For more information, contact:

Jacque Bell
PO Box 33076
Halifax, NS B3L 4T6
Phone: (902) 446-0929
E-mail: hospice@eastlink.ca
Website: www.hospicehalifax.com

Loss, Grief and Bereavement

Supports for individuals and families during times of loss, grief and bereavement are available in many communities across the province. Call the Seniors' Secretariat toll-free at 1-800-670-0065 for contact information on the palliative care, hospice and support services available in your community.

Managing Your Affairs

Everyone should take the necessary legal steps to ensure their affairs will be properly managed if they become unable to manage their affairs themselves. For more information on Power of Attorney, Enduring Power of Attorney, and Guardianship, contact the Legal Information Society of Nova Scotia (see contact information on page 69).

The period following a death is a highly emotional one. Some pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your

important papers and documents are located? If you don't, it is unlikely that your survivors will be able to find them either.

Important Documents

Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record: birth certificate, social insurance number, will, insurance policies, mortgages, deeds, tax bills, leases, debts, and bank accounts.

Preparing for an Expected Death at Home

A brochure is available on the Department of Health website at www.gov.ns.ca/health to assist persons who are preparing for an expected death at home. It has two sections: the first is written for the person who is terminally ill; the second will help family, friends, and others understand what is happening to their loved one during the last days and hours of life.

To request a print copy of the brochure, contact the Seniors' Secretariat, at 1-800-670-0065.

Funeral Arrangements

When someone dear to you dies, it is important to find out his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation. Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expenses, assistance may be available through the Nova Scotia Department of Community Services.

To apply, contact the Field Office nearest you (see page 65). Members of religious organizations should call their clergy first, to discuss matters. If the deceased was a war veteran, Veterans Affairs Canada may provide assistance.

Last Post Fund Veterans' Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans. Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran.

For more information, contact:

Last Post Fund, Nova Scotia Branch
Chebucto Place
7105 Chebucto Road, Suite 200A
Halifax, NS B3L 4W8
Phone: (902) 455-5283
Toll-free: 1-800-565-4777
E-mail: lpfnsb@eastlink.ca
Website: www.lastpostfund.ca

JKM Industries

JKM Industries creates cremation urns, memory chests, pet caskets, pet urns, and memory boxes.

For more information, contact:

JKM Industries
Bedford, NS B4A 3X2
Phone: (902) 832-7137
Website: www.jkmindustries.com

Notification of Death

Following the death of a spouse or loved one it is necessary to contact various government and private companies and advise them to terminate programs. A brief listing of possible contacts follows:

- Service Canada, Income Security Programs (Old Age Security, Canada Pension Plan)
- Veterans Affairs Canada
- Private pension board of previous employer
- Nova Scotia Department of Health Pharmacare Program
- Nova Scotia Registry of Motor Vehicles re driver's licence (Service Nova Scotia and Municipal Relations)
- Insurance companies
- Credit card companies

Death Certificate

In most situations, funeral directors look after arrangements and have the death registration submitted to the Deputy Registrar General. If you require a copy of the death certificate for any purpose, it may be obtained for a fee of \$25 from the Deputy Registrar General, at the number listed below.

For more information, contact:

Service Nova Scotia and Municipal Relations
PO Box 157
Halifax, NS B3J 2M9
Phone (Halifax): (902) 424-4381
Toll-free: 1-877-848-2578

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the way pensions and annuities are treated

under the *Income Tax Act*, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security, Canada Pension Plan Death Benefit, Surviving Spouse's Benefit, Dependent Children's Pension, and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

Health-Related Organizations

Abilities Foundation of Nova Scotia

The Foundation serves children, teens, and adults with physical disabilities in Nova Scotia.

For more information, contact:

Faye Joudrey, Coordinator
Community and Client Services
3670 Kempt Road
Halifax, NS B3K 4X8
Phone: (902) 453-6000
E-mail: admin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca

ALS Society of Canada

This voluntary organization is committed to supporting research towards a cure for Amyotrophic Lateral Sclerosis (ALS), and to supporting ALS partners in the provision of quality of care for persons affected by ALS.

For more information, contact:

ALS Society of Nova Scotia
3433 Dutch Village Road, Unit #3
Halifax, NS B3N 2S7
Phone: (902) 454-3636
Toll-free: 1-866-625-7257
E-Mail: info@alsns.ca
Website: www.als.ca

Alzheimer Society of Nova Scotia

The society is committed to relieving the personal and social effects of Alzheimer disease and other dementia. It helps individuals, family members, friends, and caregivers affected by the disease. The society also supports the search for the disease's cause and cures.

Family Education Support Groups

The Alzheimer Society has 32 locations in the province that offer support and information to families. Monthly support groups give you the opportunity to learn from the experiences of other families. Meetings may feature guest speakers or video presentations. In areas where meetings are not held, the volunteer community leaders provide telephone support.

Early Alzheimer Support Program

This program is for individuals diagnosed in the early stages of Alzheimer disease. It consists of a support group led by trained professionals with experience helping individuals and families affected by a memory disorder. Support groups meet for a total of eight sessions at the QEII Health Sciences Centre (Camp Hill Veterans Memorial Building) in Halifax.

For more information, contact:

5954 Spring Garden Road
Halifax, NS B3H 1Y7
Phone: (902) 422-7961
Toll-free: 1-800-611-6345
E-mail: info@alzheimer.ns.ca
Website: www.alzheimer.ns.ca

The Arthritis Society

The Society offers a variety of arthritis education, information, and support programs to help people better manage and live with arthritis.

The Arthritis Registry: To join this free service, call the Arthritis Information Line at

1-800-321-1433 and receive useful information on the arthritis treatments, medications, programs, and services available in your area.

For more information, contact:

Nova Scotia Division, West End Mall
6960 Mumford Road, Suite S-13
Halifax, NS B3L 4P1
Phone: (902) 429-7025
Toll-free: 1-800-321-1433
E-mail: info@ns.arthritis.ca
Website: www.arthritis.ca/novascotia

Brain Injury Association of Nova Scotia (BIANS)

The association strives to meet the lifelong needs of people with acquired brain injury caused by traumatic brain injury or by internal causes such as strokes, tumours, aneurysms, oxygen deprivation or illness.

For more information, contact:

PO Box 8804
Halifax, NS B3K 5M4
Phone: (902) 473-7301
E-mail: bians1@ns.sympatico.ca
Website: www3.ns.sympatico.ca/bians

Canadian Cancer Society

This volunteer-based organization funds cancer research and provides support, through programs and services, for those affected by cancer. To learn more, call toll-free 1-800-639-0222 or visit www.cancer.ca.

Cancer Information Service: The society offers a toll-free information service staffed by caring, knowledgeable, personnel who provide information on all aspects of cancer.
Call: 1-888-939-3333

Smokers' Helpline

This toll-free, telephone-based, information and support service is for smokers and people

who care about them. Trained personnel answer questions about quitting and help callers develop a "quit plan" that will work for them. Call: 1-877-513-5333

Cancer Connection

This new toll-free, telephone-based, one-on-one peer support program connects people living with cancer to people who provide support based on similar cancer experience.
Call: 1-800-263-6750

For more information, contact:

Canadian Cancer Society
Nova Scotia Division
5826 South Street, Suite 1
Halifax, NS B3H 1S6
Phone: 423-6183
Toll-free: 1-800-639-0222
E-mail: ccs.ns@ns.cancer.ca
Website: www.cancer.ca

Canadian Celiac Association

This national organization is dedicated to providing services and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education and research.

For more information, contact:

Ernie Nickerson, President
Halifax Chapter
PO Box 9104 Station A
Halifax, NS B3K 5M7
Phone: (902) 464-9222
Website: www.celiac.ca
E-mail: celiac.halifax@ns.sympatico.ca

Canadian Diabetes Association

This association promotes the health of Canadians through diabetes research, education, service and advocacy. Services include weekend retreats especially for those 50+, literature, awareness, and other educational sessions.

For more information, contact:

Nova Scotia Region
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3
Phone: (902) 453-4232
Toll-free: 1-800-326-7712
Website: www.diabetes.ca

Canadian Liver Foundation

The Foundation provides many services for liver disease patients, their families, health care professionals, and the public.

For more information, contact:

Gina Lipson, Halifax Chapter
Phone: (902) 423-8538
Toll-free: 1-800-563-5483
E-mail: clf@liver.ca
Website: www.liver.ca

Canadian Mental Health Association

This voluntary association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. It accomplishes its mission through advocacy, education, research, and services.

For more information, contact:

Nova Scotia Division
Phone: (902) 466-6600
Toll-free: 1-877-466-6606
E-mail: cmhans@eastlink.ca
Website: www.cmhans.org

Epilepsy Association of Nova Scotia

The Association provides support to Nova Scotians affected by epilepsy.

For more information, contact:

Deborah Boltz, Executive Director
Phone: (902) 429-2633
Toll-free: 1-866-EPILEPSY

E-mail: eans@ns.sympatico.ca

Website: www.epilepsyns.com

Halifax Stroke Club

The club operates as a self-help group for stroke survivors, family, and friends. It also offers support and companionship.

For more information, contact:

Carl Ings
Phone: (902) 493-3011
E-mail: cings@nwood.ns.ca

Heart and Stroke Foundation of Nova Scotia

The Foundation promotes the study, prevention, and reduction of premature death and disability from heart disease and stroke. It supports research, education, and the promotion of healthy living.

For more information, contact:

7th Floor, 5161 George Street
Halifax, NS B3J 1M7
Phone: (902) 423-7530
Toll-free: 1-800-423-4432
Website: www.heartandstroke.ca

Kidney Foundation of Canada

The Foundation funds research and clinical education, provides services for the special needs of individuals living with kidney disease, advocates for access to high-quality care, and actively promotes awareness of and commitment to organ donation.

For more information, contact:

Marie Oxner, Office Administrator
Nova Scotia Branch
1657 Barrington Street, Suite 235
Halifax, NS B3J 2A1
Phone: (902) 429-9298
Toll-free: 1-800-889-5557
E-mail: info@kidney.ns.ca
Website: www.kidney.ca

Lung Association of Nova Scotia

The goals of the association are to improve lung health and fight lung disease across the province. The association provides public education, research, patient services and professional education for the medical community.

It has an information and support program for those with adult breathing problems and COPD (Emphysema and Bronchitis) called Breathworks. To speak with a certified COPD education counsellor, call **1-866-717-2673**.

For more information, contact:

Bill VanGorder, President CEO
17 Alma Crescent
Halifax, NS B3N 3E6
Phone: (902) 443-8141
Toll-free: 1-888-566-5864
E-mail: info@ns.lung.ca
Website: www.ns.lung.ca

Multiple Sclerosis (MS) Society of Canada

The MS Society works to find a cure for multiple sclerosis and is dedicated to improving the quality of life for people with MS.

For more information, contact:

Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, NS B3B 1L5
Phone: (902) 468-8230
Toll-free: 1-800-268-7582
E-mail: info.atlantic@muscle.ca
Website: www.mssociety.ca

Muscular Dystrophy Association of Canada

Programs and services provided by the Atlantic Division include the Atlantic Equipment and Mobility Program, a peer support program, education and advocacy, and individual support.

For more information, contact:

Atlantic Division
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8
Phone: (902) 429-6322
E-mail: infoatlantic@mdac.ca

Osteoporosis Society of Canada

This society educates, empowers, and supports individuals in the prevention and treatment of osteoporosis. You can call the society to ask for medically accurate information on the causes, prevention, and treatment of osteoporosis.

For more information, contact:

Nova Scotia Chapter
Jean Murdoch, Chairperson
Phone: (902) 445-2448

or

Osteoporosis Society of Canada
33 Laird Drive
Toronto, ON M4G 3S9
Toll-free (*English*): 1-800-463-6842
Sans frasi (*Français*): 1-800-977-1778
E-mail: osc@osteoporosis.ca
Website: www.osteoporosis.ca

Parkinson Society Maritime Region

The Society is the voice of Maritimers living with Parkinson's. Its purpose is to ease the burden of Parkinson's and find a cure through advocacy, education, research and support services to improve quality of life for people affected by the disease.

For more information, contact:

830-5991 Spring Garden Road
Halifax, NS B3H 1Y6
Phone: (902) 422-3656
Toll-free: 1-800-663-2468
E-mail: info@parkinsonsocietymaritimes.ca
Website: www.parkinson.ca

Psoriasis Society of Canada

The Society's goals are to increase awareness of psoriasis, form support groups across Canada, consult with government, assist with programs and services, and encourage research programs.

For more information, contact:

Judy Misner, President
PO Box 25015
Halifax, NS B3M 4H4
Toll-free: 1-800-656-4494
Website: www.psoriasisociety.org

Tinnitus Support Group of Atlantic Canada

The group provides educational and support services to people suffering from tinnitus. It also strives to increase community awareness about tinnitus and hearing loss. Monthly meetings are held at the Dartmouth Senior Service Centre on the 2nd Tuesday of each month at 7:00 p.m.

For more information, contact:

P.O. Box 25085
Halifax, NS B3M 4H4
Phone: (9092) 473-4366
E-mail: tinnitussupport@eastlink.ca
Website: tinnitusatlantic.tripod.com

Victorian Order of Nurses (VON)

This VON provides professional health care services to individuals and their families at home or in the community setting. Its visiting nursing, home support, and charitable programs help seniors stay independent and in charge of their own lives. Services include health assessment and teaching, rehabilitation, palliative care, bereavement follow-up, homemaking, personal care, and respite care. Charitable services include meals programs, transportation programs, volunteer visiting, and more.

Referrals are accepted from all sources. Care is provided in consultation with a physician. Service is available seven days a week. VON is supported by fees for service, donations, grants, and fundraising projects.

Fees: Based on the average cost of the visit. If you live in the areas served, you will not be refused service for financial reasons.

For more information, contact:

VON Canada, Nova Scotia
7001 Mumford Road
Tower 1, Suite 300
Halifax, NS 4N9
Phone: (902) 981-2300

VON Offices

Greater Halifax
(902) 453-5800

Lunenburg County
(902) 624-1897

Queens County
(902) 354-3249

Tri-County
(902) 742-4512

Cumberland County
(902) 667-8796

**Colchester East
Hants**
(902) 893-3803

Antigonish
(902) 863-5700

Cape Breton Metro
(902) 564-6479

Pictou County
(902) 752-3184

Annapolis Valley
(902) 678-3415

GOOD
HEALTH IS
JUST THE
BEGINNING.

VON understands the unique health needs of seniors. We work with you so you can stay active and independent.

Good health lets you enjoy all that life has to offer. Call today to learn more about the services of VON.

We have 10 branches in Nova Scotia. Call the branch nearest you.



Professional Associations

Continuing Care Association of Nova Scotia (CCANS)

Representing continuing care facilities and service providers.

Sheila Peck, President
7001 Mumford Road, Tower 1, Suite 215A
Halifax, NS B3L 4N9
Phone: (902) 956-0090

Home Support Nova Scotia Association (HSNSA)

Representing not-for-profit home support agencies.

Karen Slaunwhite
287 Lacewood Drive
Unit 103, Suite 349
Halifax, NS B3M 3Y7
Phone: (902) 479-0989
E-mail: hsnsa@hfx.andara.com

Doctors Nova Scotia

Representing all doctors in Nova Scotia.

5 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
Phone: (902) 468-1866
www.doctorsns.com

Nova Scotia Association of Health Organizations (NSAHO)

Representing health, continuing care and community service providers.

2 Dartmouth Road
Bedford, NS B4A 2K7
Phone: (902) 832-8500
www.nsaho.ns.ca

Serving Seniors Alliance

An alliance of service providers and business professionals dedicated to serving seniors.

644 Portland Street, Unit 3, Suite 601
Dartmouth, NS B2W 6A3
Phone: (902) 827-5599
E-mail: weserve@servingseniors.biz
Website: www.servingseniors.biz

Shoreham Village "The Place To Be"

"Assisted Living" Available Now in Chester

An affordable, comfortable alternative for retirement living:

- Meals
- Housekeeping services
- Linen services
- Social and recreation activities
- Bathing assistance
- Nursing visits
- Emergency call system
- Medication preparation
- Utilities (except telephone)
- Onsite amenities including pharmacy, physician offices, physiotherapy clinic and health resource centre

Options include private assisted living suites (long term and short term stays), one and two bedroom assisted living apartments and self sufficient apartments.

New units under construction are scheduled to open in late spring 2006.

For information concerning availability contact:

**Brian Selig
Administrator
Shoreham Village
(902) 275-5631**



Alphabetical Index

50+ Expo	13, 45
ABCs of Fraud	79
Aberdeen Hall, Bradford Hall, Cameron Hall (Parkland Estates)	87
Abilities Foundation of Nova Scotia	128
Able Transit – Truro	57
Acadia Lifelong Learning (ALL) Center	50
Access-A-Bus	58
Access-A-Home Program	89
Access Nova Scotia	6
Accessible Parking, Licence Plates and Permits	34, 54
Access to Travel	33
Accessible Transportation	33
Accommodations	110
Active Living	36, 40
Active Living Coalition of Older Adults (ALCOA)	40
Adaptive Clothing	117
Addiction Services	107
Adult Day Programs	113
Adult Protection	78, 106
Advertisers Listing	143
After Hours Medical Clinics	119
Aliant Telecom	116
Allowance (Old Age Security)	62
Allowance for the Survivor (Old Age Security)	62
ALS Society of Canada	128
Alzheimer Society of Nova Scotia	128
• Family Education	128
• Resource Library	47
• Safely Home – Alzheimer Wandering Registry	81
• Support Groups	128
Ambulance Services	94
Amero's Shuttle Service, Inc.	60

An Extra Hand Transportation	58
Annapolis County Senior Citizens' Council	18
Anson Care Givers Inc.	118
Antigonish-Guysborough Senior Citizens' Council #63	18
Arborstone	85
Arthritis Society	128
Assisted Living Facilities	85
Association of Halifax Regional Seniors' Councils	21
At Your Service	31
Automobile Insurance	77
Baptismal Certificates	66
Better Business Bureau (BBB)	75
Berkeley, The	85
Birches, Adult Day Program, The	113
Birth Certificates	66
Bloomfield Centre	21
Boarding Homes	87
Book-a-Ride	58
Brain Injury Association of NS (BIANS) ..	129
Breakaway Adult Day Program (VON) ..	113
Breast Screening Program	112
Callow Wheelchair Buses	59
Campbell's Shuttle Service	61
Canada Revenue Agency	67
Canada Pension Plan (CPP)	61, 63
Canada Senior Games Association (CSGA)	41
Canada's Association for the Fifty-Plus (CARP)	14
Canadian Association on Gerontology ...	29
Canadian Cancer Society	129
The Lodge That Gives	111
Canadian Celiac Association	129
Canadian Diabetes Association	129
Canadian Home Income Plan (CHIP)	74

Canadian Life and Health Insurance Association	78	Colchester/East Hants Seniors' Council	19
Canadian Liver Foundation	130	Colchester Transportation Cooperative Ltd (CTCL)	57
Canadian MedicAlert Foundation	82	College of Physicians and Surgeons, NS Comcare	118
Canadian Mental Health Association	130	Community Access Program (CAP)	51
Canadian National Institute for the Blind (CNIB)	33	Community ACCESS-ability Program	34
Canadian Paraplegic Association	33	Community Based Options for Seniors ..	102
Canadian Red Cross Society		Community Health Boards	92
• Health Equipment Loan Service	116	Community Learning Networks	48
• Home Support Services	118	Community Links	24
Canadian Senior Games Association	41	Community Meals Programs	114, 115
Canadian Snowbird Association	46	Community Services Offices	65
CAP Seniors' Programs	51	Community Volunteer Income Tax Program	67
Cape Breton Accessible Transportation Service	56	Compassionate Care Benefit	124
Cape Breton Seniors' Community Learning Network	48	Computers and the Internet	51
Cape Breton Senior Citizens' Council	19	Congratulatory Messages	26
Cape Care Services	118	Congregate Housing/Supportive Housing ..	84
Cape Support Systems	81	Congress of National Seniors' Organizations	29
Care Choices Inc.	118	Consumer Advocate for Auto Insurance ..	77
Care Management for Seniors	122	Consumer Information and Complaints ..	74
Caregiver Support	124	Continuing Care Association of NS (CCANS)	133
Caregiver Tax Tips	68	Continuing Care Services	98
Caregivers n' More Caregivers		Co-operative Housing	84
Nova Scotia	118	Counselling and Care Management	122
Caregivers Nova Scotia	124	Country Living Estates Seniors' Residence Ltd.	86
Cedarstone Enhanced Care/Parkland Estates	87	Criminal Injuries Counselling Program ..	78
Central Highlands Association of the Disabled (CHAD)	60	Cumberland County Senior Citizens' Council	19
Centre for Health Care of the Elderly	110	Customs Information	46
Chebucto Links	30, 124	Dalhousie Dental Clinic	120
Children's Benefit (Canada Pension Plan) ..	64	Dalhousie Legal Aid	70
Chiropodists	120	Dance Nova Scotia	39
Chiropractors	119	Dartmouth Medical Centre	119
Cloud Nine Shuttle Service	61	Dartmouth Senior Citizens' Council	19

Dartmouth Seniors' Service Centre	124	Employment	53
Dartmouth Volksmarch Club	42	Employment Insurance Benefits	53
Deaf – Special Needs for Seniors	35	Emergency Management Office, see N.S.	82
Death Certificates	66, 127	Emergency Management Office	82
Death Benefit (Canada Pension Plan)	64	Emergency Medical Information	82
Death Benefits	127	Emergency Repair Program	89
Debtor Assistance	75	Energy Use in the Home	90
Dial-A-Law	69	Enriched Housing	84
Dial-a-Ride Nova Scotia	56	Epilepsy Association of Nova Scotia	130
Digby County Senior Citizens' Council ..	19	Expositions	45
Dignity by Design	117	Falls Clinic	109
Disabilities – Resources for Seniors	33	Family 1st Medical	81
Disability Pension (Canada Pension Plan) .	63	Family Focus	119
Disabled Persons Commission	34	Family Modest Housing Program	89
Disabled Residential Rehabilitation Assistance Program (DRRAP)	90	Federal Government; Aging and Seniors ..	27
Distance Education Courses	50	Federal Government Information • General Inquiries	32
District Health Authorities and Community Health Boards	91	Federal Retirement Income Programs	61
Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations	18	Federal Superannuates National Association (FSNA)	15
Division of Aging and Seniors	27	Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)	15
Dr. F.R. MacKinnon Endowment Fund	26	Fidelis House	111
Doctor Information Line, see Physicians Information Line	119	Financial Aid Programs - Provincial	64
Doctors Nova Scotia	133	Firearms Hunting Certificates	40
Driver's Licences	54	Foot Care	120
Driving Programs, Seniors	55	Fraud Prevention (Safety and)	78
East Hants Alternative Transportation Services (EHATS)	57	Frequently Called Numbers	6
Eastern Regional Help Line	31	Funeral Arrangements	126
Easy Living Shops Canada Ltd.	117	Gas and Service Stations	54
Easy Street Adaptive Clothing	117	Geriatric Day Hospital	110
Elder Abuse	78	• Falls Clinic	109
Elderfit–Lunenburg	42	Geriatric Services, Cape Breton District Health Authority	110
ElderCare Atlantic Inc.	118, 122	Gerontology Association of NS (GANS) ...	15
Elderlearners	50	Gerontology Programs	47
Elderobics Association of Nova Scotia ...	42	Gladys M. Manning Retirement Community	87

Government Information	
• Federal	.32
• Provincial	.32
Grandparents' Rights	.25
Grants for Home Repairs	.89
GST Credit/Refunds	.68
Grocery Delivery Services	.124
Group of IX	.14
Guaranteed Income Supplement (GIS)	.62
Gynaecological Cancer	
Screening Program	.112
Halifax County Seniors'	
Council (Zone 15)	.19
Halifax Seniors' Council	.19
Halifax Stroke Club	.130
Handi-Trans	.57
Handicapped Organization Promoting	
Equality (HOPE)	.60
Hants County Senior Citizens' Council	.19
Harbourstone Enhanced Care	.87
Haven Bay Home Care Services	.118
Health and Home Senior Care	.118, 119
Health Canada - see Public Health	
Agency of Canada	.27, 28
Health Card	.93
Health Care Shuttle	.61
Health Equipment and Supplies	.116
Health Insurance	.77
Health Professionals and Services	.119
Health-Related Organizations	.128
Health Screening Programs	.112
Health Services - Provincial Government	.91
Heart and Stroke Foundation of NS	.130
Help Line, A Service of Feed Nova Scotia	.31
Help-line/Outreach Seniors' Infoline	.30
Help Lines	.31
Highway Help Program	.80
Home Adaptations for Seniors'	
Independence (HASI)	.90
Home Care	.98
Home Care and Home Support Services	.98
Home Care, Private	.117
Home Improvement Grants and Loans	.88
Home Instead Senior Care	.118
Home Insurance	.77
Home Maintenance	.90
Home Safe Living Inc.	.90
Home Support Nova Scotia	
Assoc. (HSNSA)	.133
Hospice Society of Greater Halifax	.125
Houses, Condominiums and Apartments	.84
Housing	.83
Housing and Care Options for Seniors	.83
Housing Authorities	.84
Housing Services, Nova Scotia Department	
of Community Services	.88
Human Rights	.74
Hunting Certificates	.40
Hut's Transit	.60
Income Assistance - Provincial	.65
Income Tax, Personal	.67
Indo-Canadian Senior Group of NS	.25
Information and Referral	.30
In-Home and Community Meal Programs	114
In-Home Services	.122
Insurance Bureau of Canada (IBC)	.77
Insurance	.76
Insurance Providers	.77
Inverness/Victoria 63A Council	.19
Investments, Concerns About	.75
Italian-Canadian Golden Age	
Senior Group	.25
JKM Industries	.122, 127
Job Junction: Age Advantage	.53
Job Search Support	.53
Kidney Foundation of Canada	.130
Kim's Trim Mobile Salon	.123

Kings County Alternative Transportation Services Society (KCATSS)	59	MedicAlert	81, 82
Kings County Senior Citizens' Council ..	20	Medic Aid Response Systems	81
Kings Transit	56, 57, 59	Medical/Hospital Supply Services	116
Kingsway Gardens Retirement Residence ..	87	Medical Services Insurance Plan (MSI) ...	93
Kingswood Residence	86	MedicalPro Healthcare Team	123
Last Post Fund, Veterans' Funeral Services	127	Melville Heights	86
Law and Older Nova Scotians, The	70	Mental Health Services	107
Legal Matters	68	Metro Help Line - see Help Lines	31
Legal Information Line and Lawyer		Metro Transit	58
Referral Service	69	Metro Transit Access-A-Bus	58
Legal Information Society of Nova Scotia ..	69	Metropolitan Immigrant Settlement	
Leisure and Hobbies	44	Association (MISA)	32
Leona Burke's Blood Collection Services ..	123	Mobility Disabled Licence Plates and	
Libraries	47	Permits	34
Licenced Practical Nurses Private		Moir's Shuttle Service	61
Duty Registry	118	Mount Saint Vincent University	47
Licences and Safe Driving	54	MSI	93
Licencing (Driver's)	54	Multiple Sclerosis Society of Canada ...	131
Life Insurance	76	Municipal Recreation Contacts	37
Life-Long Learning Opportunities	47	Muscular Dystrophy Association	131
Linkages	17	National Advisory Council on Aging	28
Loan and Mortgage Programs, Provincial ..	89	National Seniors' Organizations	29
Lodge That Gives, The	111	Need-a-Lift Transportation Services	58
Long-Term Care	101	New Horizons for Seniors	28
Loss, Grief and Bereavement	126	Newcomers, Resources for Seniors	32
Lunenburg County Senior Citizens'		Nightingale Nursing Services	118
Council	20	Northside Community Guest Home ...	118
Lung Association of Nova Scotia	131	Northside Harbourview Hospital Seniors'	
M & M Meat Shops	115	Day Program	114
MacCulloch Med Tech Services Inc.	123	Northwood	
Major Repairs and Adaptations	90	• Adult Day Programs	113
Managing Your Affairs	126	• Apartments	86
Maplestone Enhanced Care	86	• Assisted Living	86
Marriage Certificates	66	• Broadcasting Club	44
Meal Programs	114	• Community Centre	21
Meals and More	115	• Enriched Living	86
Meals Network Representatives	115	• Homecare Adult Day Programs	113
Meals on Wheels	114	• Homecare Services	118

• Intouch Personal Emergency Response	81	Nova Scotia Human Rights Commission ..	74
• Northwood Players	44	Nova Scotia Legal Aid	70
• Special Needs of Deaf Seniors	86	Nova Scotia Meals Network	114
• Telecare	81	Nova Scotia Power Critical Customer Communication Program	112
Notification of Death	127	Nova Scotia Regional Public Libraries	47
Nova Scotia Advisory Council on the Status of Women	33	Nova Scotia Retired Teachers Assoc. (NSRTA)	17
Nova Scotia Association of Health Organizations (NSAHO)	133	Nova Scotia Safety Council	55
Nova Scotia Breast Screening Program ...	112	Nova Scotia Securities Commission	75
Nova Scotia Centre on Aging	25	Nova Scotia Seniors' Art and Photo Gallery	12, 45
Nova Scotia Community College	50	Nova Scotia Seniors' Secretariat	12
Nova Scotia Department of Agriculture and Fisheries	40	Nova Scotia Seniors' Organizations, Group of IX	14
Nova Scotia Department of Community Services Field Offices	65	Nova Scotia Sport and Recreation Division	36
Nova Scotia Department of Community Services, Housing Services	88	Nova Scotia Health Card	93
Nova Scotia Department of Health	91	Nova Scotia's Health Care System	91
Nova Scotia Department of Justice	68	Nursing Homes	101
Nova Scotia Department of Natural Resources	40	Oakwood Terrace Adult Day Program ...	113
Nova Scotia Emergency Management Office	82	Occupational Therapists	120
Nova Scotia 55+ Games Society	40	Office of the Superintendent of Insurance	77
Nova Scotia Fitness Association (NSFA) ...	42	Old Age Security Program(OAS) ..	61, 62, 66
Nova Scotia Government Retired Employees Association (NSGREAA)	17	Ombudsman, Nova Scotia Office of the ...	74
Nova Scotia Health Insurance/MSI	93	Orchard View Apartments (Grand View Manor)	87
Nova Scotia Health Promotion	91	Order of Nova Scotia	27
Nova Scotia Hearing and Speech Centres ...	35	Osteoporosis Society of Canada	131
Nova Scotia Home Builders Assoc. (NSHBA)	90	P.A.C.T.	79
Nova Scotia Hospice/Palliative Care Association	125	Palliative Care Association	125
Nova Scotia Hospital	113	Parent Apartment Program (PAP)	89
Nova Scotia Hospital Adult Day Program	113	Parkdale House Adult Day Program	114
		Parkinson Society Maritime Region	131
		Parkland Estates	87
		Parkstone Enhanced Care and DePaul Hall	87
		Passports	46, 67

Partners Against Crime and Theft (PACT)	79	Public Health Agency of Canada	27, 28
Personal Emergency Response Systems ..	81	Public Health Services (Nova Scotia)	107
Pharmacare Program	95	Public Non-Profit Housing	84
Phone Busters (PACT)	80	Public Transportation Regional Services ..	56
Photo Ids	67	Public Trustee	70
Physical Activity, Sport and Recreation ..	36	QEII Health Sciences Centre	
• Regional Offices	37	Accommodation	110
Physician Information Line	119	Queens County Seniors' Council	20
Physiotherapists	120	RCMP, Seniors' Safety Program	80
Pictou County Senior Citizens' Council ..	20	Recreation Nova Scotia (RNS)	37
Podiatrists	120	Red Cross, Home Support Services,	
Point Pleasant Lodge	111	see Canadian Red Cross	118
Powers Senior Home Care Inc.	118	Reduced Tuition Fees	48
Preparing for an Expected Death		Regional/District Housing Offices	88
at Home	126	Regroupement des Aînées et Aînés de la	
Preventing Falls	109	Nouvelle-Écosse	17
Preventing Falls Together Program	109	Remarkable Seniors Awards	27
Private Health Insurance	98	Residential Care Facilities	101
Private Home Care and Home		Residential Rehabilitation Assistance	
Support Services	117	Program (RRAP)	90
Private Recipe Frozen Meals	115	Residential Tenancies and	
Problem Gambling Help Line	31, 107	Condominiums	76
Professional Associations	133	Resources for Newcomer Seniors	32
Proof of Age	66	Resources for Seniors with Disabilities	33
Property Tax Rebate Program	64	Resources for Senior Women	33
Protecting Vulnerable Adults		Respite Care	125
(Adult Protection)	101	Retirement Pension	
Protocol Office	26	(Canada Pension Plan)	63
Provincial Government Information	32	Revenue Canada (see Canada	
• Public Enquiries	32	Revenue Agency)	67
Provincial Health Card	93	Reverse Mortgages	74
Provincial Health Services	91	Richmond County Senior	
Provincial Loan and Mortgage Programs ..	89	Citizens' Council	20
Provincial Parks	40	Rockingham Community Centre	124
Provincial Tax Information	6	Routes to Learning Canada	51
Provincial Volunteer Awards	45	Royal Canadian Legion (RCL)	18
Psoriasis Society of Canada	132	Sackville Seniors' Advisory Council ..20, 124	
Public Enquiries	6, 32	Safe Driving Programs	55
		Safely Home, see Alzheimer Society	81

Safety and Fraud Prevention	78	Services for Seniors (Income Tax)	67
Securities Commission	75	Service Canada Centres (Employment) ..	53
Senior Citizens' Assistance		Services for Frail, Disabled or	
Program (SCAP)	89	Homebound Seniors	112
Seniors' Secretariat	12, 13	Serving Seniors Alliance	133
• Information Resource Centre	12, 47	Shelburne Senior Citizens' Council	21
• Seniors' Information Line	12	Shelburne Seniors' Infoline	31
Senior Outreach/Helpline	30	Shoreham Village	87
Senior Wheels Association – Bridgewater ..	59	Shuttle Services	60
Seniors' Art and Photo Gallery,		Silver and Gold Seniors' Centre	21
Nova Scotia	12	Skate Information	43
Seniors' Card (OAS)	66	Ski Atlantic Seniors' Club	43
Seniors' Centres	18, 21	Sloane's of Hants Helping	
Seniors Check-in Program	81	Hand Transport	61
Seniors' Clubs	18	Small Claims Court	74
Seniors' Councils	18	Small Loans Assistance Program (SLAP) ..	89
Seniors for Seniors	53, 123	Smokers Helpline	129
Seniors' Guide to Federal Programs		Snow Removal	123
and Services	29	Social Insurance Number (SIN)	53
Seniors' Info Line		Societies' Act	21
VON Greater Halifax	30	Society of Deaf and Hard of Hearing	
VON Lunenburg	30	Nova Scotians	35
Seniors' Information Line (Secretariat) .12, 30		South Cumberland Community Care	
Seniors' Information Services	30	Centre/Adult Day Program	114
Seniors Mental Health Program	108	Special Recognition for Seniors	26
• Cape Breton District Health		Spencer House	124
Authority	108	Sport Nova Scotia (SNS)	39
• Seniors' Mental Health Service	108	Stay Home Care	118
• Capital Health	108	Student Connection Program	52
• Kings and Annapolis Counties	109	Superannuation Plans, Federal/Provincial ..	6
Seniors' Organizations in Nova Scotia	14	Superintendent of Insurance	77
Seniors' Pharmacare Program	95	Survivor's Benefit (Canada Pension Plan) 63	
Seniors Policies and Programs Database ..	31	Sydney Seniors' Infoline	31
Seniors' Safe Driving Discount Program ...	55	Sydney Volunteer Resource Centre	45
Seniors' Safety Programs (RCMP)	80	Tai Chi Society, Taoist	43
Seniors' Self-Contained Apartments	84	Take a Break Program	114
Seniors' Skate Information	43	Taxes	67
Seniors' Snow Removal Program	123	Telephone Contact Programs	81
Seniors' Special Assistance	65	Ticker Troop - Dartmouth	43

Tinnitus Support Group of Atlantic Canada	132
TransCounty Transportation Society	56
Transport de Clare, Le	57
Transportation	54
Transportation Services by Area/County	56
Travel	46
Travel Health Insurance	77
University and Community College Courses for Seniors	48
Using Technology? Positively!	53
Valley Drug Mart Health Shuttle Service	61
Valley View Villa, Stellarton	30
Veterans Affairs Canada	64
Veterans Funeral Services	127
Veterans' Independence Program	64
Veteran's Licence Plates	54
Vial of Life	82
Victim Services	78
Victoria Hall	87
Victoria Haven Nursing Home Adult Day Program	113
Victorian Order of Nurses (VON)	132
• VON Adult Day Programs	113, 114
• VON Footcare Services	120
• VON Seniors' Assisted Transportation .	
• Program (Queens Co.)	60
• VON Transportation (HRM)	58
• VON Volunteer Transportation Program (Pictou Co.)	60
Vital Statistics	66
Volunteer Activities	45
Volunteer Awards, Provincial	45
Volunteer Resource Centre Sydney	45
Volunteer Visiting Programs	114
We Care Home Health Services	118
Welcome Wagon	32

West Hants Dial-a-Ride	59
When you Retire	68
Williston House	87
Women Resources for Seniors	33
Workers' Compensation Board	54
Yarmouth County Senior Citizens' Council	21
YMCAs and YWCAs	43
YMCA Newcomers' Centre	32
Yoga Atlantic	44

Seniors' Safe Driving Discount Program

Nova Scotia drivers 65 and older are eligible for a free safe driving course for seniors.

Call 1-800-670-0065
to learn more.

EnerGuide for Houses

This federal government program provides technical and financial assistance to help you make your home more energy efficient.

Federal and Provincial grants are available to help.

Call Service Nova Scotia and Municipal Relations for more information, at 1-800-670-4357.

Advertisers' Directory 2006

Abbott Labs	Outside Back Cover
Acadia University (ALL)	19
ANSON CareGivers	105
Audiology Associates	116
Berkeley, The	26
Can-Med Surgical Supplies/MEDchair	117
Care Choices	99
Coastal Inn	46
Country Living Estates	102
Doctors Nova Scotia	13
Eldercare Atlantic Inc.	100
Family 1st Medical	38
Federal Superannuates National Association ..	15
Footech	121
Garden South Park Inn	36
Gem Health Care Group	122
Grand View Manor/Orchard View Apartments	30
Government Representatives	71, 72, 73
Health and Home Senior Care	101
Holiday Inn	Inside Back Cover
Home Instead Senior Care	98
Mayor Peter J. Kelly	13
Northwood Care Inc.	86
Nova Scotia Dental Hygienists' Association ..	19
O'Brien Motor Coach Tours Ltd.	46
Orthotics East	38
Parkland Estates/Shannex	125
Pharmasave	50
Powers Home Care Inc.	98
Praxair Medigas	119
Province of Nova Scotia:	
Department of Education	22
Department of Health	4
Office of Health Promotion	20, 24
Seniors' Secretariat/50+ Expo	3, 50
Service NS and Municipal Relations	16
Provincial Airlines	47
Saint Vincent's Guest House	108
ScotiaCare Homecare & Caregivers	101
Scotia Nursing Homes Ltd.	104
Shoreham Village	133
Sobeys Atlantic/Lawtons Pharmacy	Inside Front Cover
Victoria Hall	84
Victorian Order of Nurses (VON)	132
We Care Home Health Services	104
Zellers Pharmacy	28



Give us your comments

If you have suggestions for improving *Programs for Seniors*, please take a few minutes to fill out this comment form and mail it to the address on the back.

Place an X in the box next to the word that best describes your opinion.

1. How would you rate the usefulness of the information in *Programs for Seniors*?

- ☐ Not Useful
- ☐ Useful
- ☐ Very Useful
- ☐ Other _____

2. How easy is it to locate the information you need?

- ☐ Not easy
- ☐ Easy
- ☐ Very Easy
- ☐ Other _____

3. What age category are you in?

- ☐ (65+)
- ☐ (50-64)
- ☐ (49-)

(Continued on next page)

- [illegible]

Nova Scotia Seniors' Secretariat
PO Box 2065
Halifax, NS B3J 2Z1

Just around the corner...



At Holiday Inn® and Holiday Inn Express® you can enjoy the comforts of home and our friendly atmosphere...
just around the corner from wherever your travels take you.

We know what it takes to make the most of your travels with amenities* such as:

- Room Service • Fitness centres • Restaurants offering healthy choice meals
- Indoor or Outdoor swimming pools • Wheelchair access • Free internet access • Pet friendly

TO RESERVE, PLEASE CALL THE HOTEL DIRECT AND REQUEST THE SUPER SENIORS RATE.

Holiday Inn Express Hotel & Suites Charlottetown
200 Trans Canada Hwy - 1-866-977-7466

Holiday Inn Express Halifax (Bedford)
133 Kearney Lake Rd. - 1-800-565-3086

Holiday Inn Select Halifax-Centre
1980 Robie St. - 1-888-810-7288

Holiday Inn Halifax Harbourview
101 Wyse Rd. - 1-888-434-0440

Holiday Inn Express Hotel & Suites Moncton
2515 Mountain Rd. - 1-800-595-4656

Holiday Inn Express Saint John Harbour Side
400 Main Street - 1-800-465-4329



- ✓ Room Service
- ✓ Restaurants and lounges

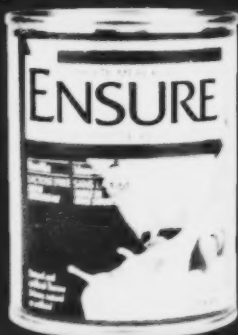


- ✓ Free Breakfast Bar
- ✓ Free local phone calls

* Some amenities not offered at all hotels. Holiday Inn Express® free Breakfast Bar consists of a minimum of continental-style breakfast. Breakfast choices vary from hotel to hotel. This is a partial list of hotels. For a complete list of Holiday Inn® and Holiday Inn Express® hotels please see an InterContinental Hotels Group Worldwide Directory, or visit holiday-inn.com or hiespress.com. ©2005 InterContinental Hotels Group. All rights reserved. Most hotels are independently owned and/or operated.

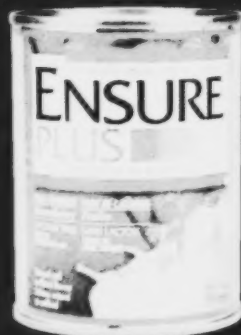
Don't feel like eating some days? No time to eat?

Ask your doctor or pharmacist how ENSURE can help.



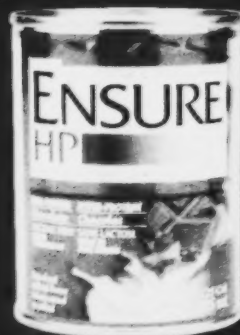
REGULAR

- For those days when you can't eat due to lack of time or have low energy
- 250 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free



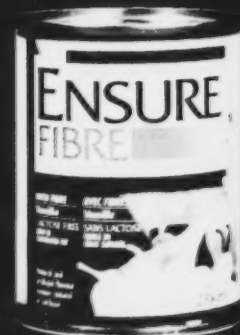
PLUS

- When you want to increase your caloric intake
- 355 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free
- 42% more calories*
- 41% more protein*



HIGH-PROTEIN

- To compensate for the lack of protein in your diet or as a post-exercise drink
- 225 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free
- 28% more protein*



FIBRE

- Provides complete nutrition plus dietary fibre
- 250 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free
- 3.4 g fibre per 235-mL can*



The largest family of complete nutrition

- Lactose-free
- Low in saturated fat
- Variety of delicious flavours

COMPLETE MEAL REPLACEMENT
ENSURE®